



Sun Safety Challenge



Canadian
Cancer
Society

**Healthy
Workplaces**

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About the Challenge



DID YOU KNOW...

1 in 7 Canadians is diagnosed with skin cancer. Despite being highly **preventable**, skin cancer is the most common type of cancer and it is on the rise.

THE CHALLENGE

This challenge involves promoting the importance of sun safety practices to reduce the risk of skin cancer. Healthy Workplaces challenges you to both learn about sun safety recommendations and develop a habit to maintain these practices all year round.

RESOURCES INCLUDED

- Use the **Sun Safety at Work** factsheets to learn about sun safety guidelines, identify the sun exposure risk at your workplace and develop an understanding on how you can practice sun safety at work.
- Use the **Sunscreen 101** guide to select a sunscreen that provides optimal protection and learn about application tips.
- Use the **Sunscreen Trackers** to make applying sunscreen a daily habit.

Additional: Use the [Know the Skin You're In](#) resource for guidance on routine self-assessments, to be aware of any changes in your skin and moles for early detection and treatment



MEASURES OF SUCCESS

- **For the group:** Aim to have at least half of your employees participate in the challenge.
- **For the individual:** Commit to participate in the challenge for at least one month and help prevent skin cancer by actively engaging in sun safety practices.

FUN TWIST

Have your organization offer a prize or incentive to have staff engaged to maintain sun safety practices. (E.g. put everyone who completes X days of the tracker to a draw).



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About the Challenge

Process

1

Determine start date and timeline.

Using the enclosed resources, implement the challenge at a time that works best for your organization. We recommend **at least one month**.

Healthy Workplaces is organizing a challenge between **July 1–Aug 31, 2021**. **Registration is open:**

2

Invite participants.

The goal of the challenge is to create an awareness campaign to increase knowledge on sun safety with practices to prevent skin cancer. To encourage participation, you can send an email campaign inviting employees in your organization to sign-up. Alternatively, you can make a tracking sheet on a poster board in a common space for employees.

3

Track the challenge.

During the challenge, employees track their progress on their **Sunscreen Trackers** then send them back in at the end of the challenge. If possible, place the tracking sheet in a space that is visible to staff.



REGISTER BY JUNE 24!



PROMOTE CHALLENGE

- Send an email out in advance of the challenge start date.
- Send the resources directly or provide link to the challenge information on [Healthy Workplaces](#).
- Consider a small prize draw as an incentive. E.g., everyone who completes the **Sunscreen Trackers** will be entered into the draw.



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Sun Safety at Work

GUIDELINES FOR EVERYONE



Seek shade

Seek shade under a tree or under an awning on a patio. For on-the-go protection, use an umbrella. Note that UV rays can still reach you in the shade by reflecting off the surfaces around you.



Cover up

Cover up as much of your skin as you can with clothing that is made from tightly woven fabric, or labelled with UPF (UV protection factor). Wear a wide-brimmed hat that covers your head, face, ears and neck.



Wear sunglasses

Make sure to choose close-fitting sunglasses with UVA and UVB protection in a wrap-around style, labelled with 400 or 100% UV protection.



Apply sunscreen

Apply a broad-spectrum sunscreen with an SPF of 30 or higher. Be sure to use a water-resistant type if you plan to go in the water.

Note

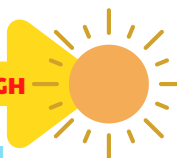
Practice sun safety **at all times**, but especially on days when the **UV index is 3 or more (moderate)**, and between **11AM to 3PM** when the sun's rays are at their strongest.

INCREASING RISK OF SUN EXPOSURE



LOW

HIGH



Fully indoor

E.g., office workers with window access



Mostly indoor

E.g., teachers with occasional supervision of outdoor activities



Frequently outdoor

E.g., delivery workers with frequent outdoor travelling



Fully outdoor

E.g., construction workers at outdoor sites

See next page for more details on sun exposure risk and tips to be prepared





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Sun Safety at Work

FULLY INDOOR

Notice your exposure

Workers who work indoors may think sun safety guidelines are irrelevant for their workplace setting; however there are still likely times where they find themselves outside before, during and/or after work. Daily activities such as outdoor walks to and from a vehicle, walking your dog at lunch (if you work from home), or eating lunch outside still leave you vulnerable to UV exposure. It is important to protect your skin during even these short times outside and also be careful if you spend long periods of time working by a window.

MOSTLY INDOOR

Be prepared

For even the short periods of time that you spend outside, having sun safety items in a convenient location is key to maintaining sun safety. Prepare for situations when you might have to pop outside unexpectedly during the day and ensure that your sun safety practices are reinforced when engaging in outdoor activities.

FREQUENTLY OUTDOOR

Make it a habit

If you are frequently outdoors at work, it is important to make sun safety practices a habit. Leave sunglasses, sunscreen, a wide-brimmed hat and light long-sleeved clothing at a convenient location, such as in your vehicle or by your keys to grab when you leave the house. Make these actions part of your daily routine, and eventually a habit that becomes automatic, so that you are always equipped every time you leave the house.

FULLY OUTDOOR

Prioritize consciously

When your job is fully outdoors, you have to ensure sun safety is part of your everyday life. Thinking about your clothing, applying sunscreen before leaving the house, having a hat that is comfortable and provides neck coverage, are all important things to make part of your daily routine. Being conscious about taking breaks in the shade when you get to work, reapplying sunscreen every 2 hours and bringing bottled water everywhere you go to stay hydrated are all important sun safety measures for outdoor workers.



Sunscreen 101

SPF 30+

The strength of a sunscreen is determined by the sun protection factor (SPF). Use sunscreens with SPF of 30 or higher, which protects 97% of UVB rays.

Broad spectrum

Broad spectrum sunscreens offer both UVA and UVB protection. Opt for broad spectrum sunscreen for optimal sun protection.

Water resistant

Water resistant means that the products stays on better even with exposure to water. This is especially important if you plan to spend any time doing water activities.

Before expiry

As sunscreens contain chemicals, they should not be used past the expiry date for optimal protection. Ensure that they are properly stored in a cool, dark place.



APPLICATION TIPS

- **Apply a generous amount.** Use about **2-3 tbsps** to cover your body and **1 tsp** for your face and neck.
- **Reapply every 2 hours.** Reapply frequently, especially after doing water activities or sweating.
- **SPF in skin products.** For individuals who wear skin products like foundation, concealer, or moisturizer, try looking for products that contain sunscreen for easier reapplication. E.g. moisturizer and/or foundation with **SPF 30+**.
- **Protect your lips.** To protect your lips, choose a lip balm with SPF. Remember to reapply after eating and drinking.
- **Protect yourself.** Applying sunscreen **does not replace** other sun protection practices. Continue to cover up, seek shade, wear sunglasses along with properly using sunscreen.

Important!

Sunscreen should be your **first layer of protection**. Apply before anything else, including makeup, skin care products or insect repellent.



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Sunscreen Tracker

Make applying sunscreen a daily habit. Print off the sunscreen trackers and check off every day you remember to apply sunscreen!

When checking weather reports, be sure to also pay attention to the **UV Index!**

AUG

JUL

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Click on the [Sunscreen Tracker](#) to access the full-sized calendars!