

SUN SAFETY TIPS



Did You Know?

- ✓ Skin cancer is the most common form of cancer in the US.
- ✓ 1 in 5 people will develop skin cancer in their lifetime.
- ✓ The sun's ultraviolet (UV) rays can damage unprotected skin in as little as 15 minutes.
- ✓ UV rays can bounce off of water, sand, concrete, light-colored surfaces and snow!

Remember to Slip, Slop, Slap, Seek, Slide, and Slurp When Working Outdoors!!

Slip on a shirt to cover up...

- ✓ Wear long-sleeved clothing with a collar & full-length pants.
- ✓ Bright or dark colored & tightly woven fabrics provide the best protection from UV rays as opposed to white or pastel colored and loosely woven fabrics. If you can see light can pass through the fabric, UV rays can pass through as well.
- ✓ **Note:** Lightweight, light colored, loose fitting clothing provides protection from the heat.
- ✓ For more info visit <http://www.skincancer.org/prevention/sun-protection/clothing/protection#>

Slop on sunscreen...

- ✓ At least 20 minutes BEFORE going out into the sun, generously apply a broad spectrum protection with an SPF of 15 or higher to any uncovered skin, even on cool/cloudy days.
- ✓ Don't forget your lips, ears, feet, hands, bald spots and the back of your neck.
- ✓ Insect repellants reduce sunscreen's SPF by up to 1/3, use a sunscreen with a higher SPF!
- ✓ Use water-resistant sunscreen when swimming or perspiring.
- ✓ Reapply every two hours. Reapply more often if sweating freely or swimming.

Slap on a hat...

- ✓ Wear a wide-brimmed hat that shades your face, neck, & ears.

Seek shade...

- ✓ Whenever possible, limit exposure to direct sunlight when the sun's rays are most intense (between 10 a.m. and 4 p.m.)
- ✓ Move outside jobs indoors or to a shady location if possible.
- ✓ Consider erecting a temporary shelter.
- ✓ Take your lunch and coffee breaks in the shade.

Slide on some shades ... to protect your eyes and sensitive skin around the eyes

- ✓ Select sunglasses that will filter out 99 - 100% of the UVA/UVB rays.
- ✓ Polarized lenses help eliminate glare, especially when driving.
- ✓ The more skin the sunglasses cover around your eyes, the better!

Slurp often to stay hydrated...

- ✓ Drink water while working outdoors while working outdoors or in a hot environment to stay hydrated and maintain electrolyte levels to avoid hyponatremia.
 - When performing moderate work activities in a hot environment for 2 hours or more, drink 1 cup (8 oz.) of water every 15-20 minutes.
 - Thirst and the color of your urine are usually the best indicators of how much water you need. If you're not thirsty and your urine is pale yellow, you're likely getting enough water.



Image used with kind permission from
Cancer Council New South Wales