**SUN PROTECTION SAFETY TALK HANDOUT**

**BENEFITS**
Protecting workers who work outdoors in the summer means protecting them from not only heat stress but also exposure to UV rays from the sun. Exposure to the sun puts workers at risk of developing sunburns, skin damage and even skin cancer. And although the risk is highest in the summer, workers who are exposed to the sun at any time of year are at some risk.

**HOW TO USE THE TOOL**
Adapt and give this handout to workers in conjunction with a safety talk on sun protection. Give the talk to all workers who work outside at any time of the year.

**OTHER RESOURCES:**

IHSA

*Spot the Safety Violation: Bare-Chested = Unprotected*

*Sun Safety Handout for Workers*

*Model Sun Safety Policy*

*Blog: Aspirin May Protect Against Skin Cancer*

*Heat Stress Compliance Centre*
SUN PROTECTION SAFETY TALK HANDOUT

EXPLAIN THE DANGERS

At some point, we've all been burned by the sun. Sunburn is the effect of ultraviolet (UV) radiation on the skin. Ultraviolet light is beaming down on us every day and always has been. But now, there's less protective ozone in the atmosphere and so the risks of exposure have increased.

UV rays are more powerful than visible light rays. They're so powerful that they can cause cancer. UV radiation can also cause cataracts, other eye damage and premature aging of the skin.

When you work in the sun, especially in spring and summer, you need to minimize the hazards of UV exposure. The highest exposure of the day is from noon to 2:00 pm.

Sunlight doesn't have to be direct to do damage. Light reflected off surfaces such as sand, water, concrete and snow can also cause UV exposure.

Weather reports now include a UV index, which gives you an idea of how intense the ultraviolet radiation will be under clear sunshine or light cloud. When the index is high (7 or higher), you can get sunburned in just 15 to 20 minutes.

IDENTIFY CONTROLS

1. Wear a shirt and long pants to cover most of your skin.
2. Protect the rest of your skin with sunscreen. Use SPF 30 or higher. (SPF stands for Sun Protection Factor.) Multiply the SPF number by 10 to know how many minutes you can stay in the sun without burning. Follow the instructions about how often to reapply. The more you sweat, the more often you need to reapply sunscreen. And don't forget to apply sunscreen to your ears.
3. Protect your eyes. Wear safety sunglasses if the tint doesn't interfere with your vision. (Most safety glasses—clear or tinted—decrease your UV exposure.)
4. Avoid contact with substances known to cause photosensitization, such as coal tar.
5. Use a UV-blocking lip balm, too.

Bottom line: Sunscreen should be standard equipment for anyone working outside during spring and summer. So keep a bottle handy.

DEMONSTRATE

Pass around bottle or tube of sunscreen (SPF 30 or higher) and ask workers to apply it to exposed skin.

TEST

List the jobs with the highest UV exposure:

1. ____________________________________________________________
2. ____________________________________________________________
3. ____________________________________________________________
4. ____________________________________________________________
5. ____________________________________________________________