



# SUN SAFETY FOR WORK AND PLAY



You could be at risk for getting skin cancer...  
if you work outdoors or are involved in outdoor sports or recreation.

## The Facts:

- ⊗ Skin cancer is the most common cancer in Ontario
- ⊗ 80% of skin cancers occur above the neck
- ⊗ Ultraviolet rays (UV) are strongest between 11:00 a.m. and 4:00 p.m.
- ⊗ 80% of the sun's rays can pass through clouds, mist and fog
- ⊗ Radiation can be increased by reflection from surfaces such as concrete, sand, rocks, water, unpainted corrugated steel, aluminum and building glass.

## Safety Precautions:

1. Plan most non-shaded work or activities before 11:00 a.m. or after 4:00 p.m.
2. Seek or create shade when possible during work, play, lunch or breaks. Be aware of the UV index.
3. **Wear the gear to "cover-up"**
  - ⊗ Broad brimmed hat (3" - 4" or 7 - 8 cm brim around entire head)
    - ⊗ hats with only visors are not effective; if hard hats are required, a neck protector is recommended
  - ⊗ Long-sleeved shirt and long pants of a tightly-woven fabric (blocks out the light if held up to a light bulb or the sun)
  - ⊗ Sunglasses or industrial safety eyewear with 100% UVA and UVB protection: "wrap-around" styles are even more effective.
4. Use a sunscreen of at least SPF 15 that protects against UVA and UVB rays
  - ⊗ Apply liberally 20 - 30 minutes before going outside, reapply in 20 minutes and then every two hours
  - ⊗ A total sun block (e.g. zinc oxide) on lips, nose and ears provides added protection

Some drugs and cosmetics may increase susceptibility to sunburn or "photosensitivity reactions" e.g. tetracyclines, diuretics, tranquilizers, birth control pills, certain anti-inflammatory drugs. Check with a health professional about your risk if you are taking medications.

For more information contact  
Renfrew County and District Health Unit at  
613-735-8666 or 1-800-267-1097 Ext 666.

