

# STAY SAFE IN THE SUN

## Sun Exposure Awareness



### WHO IS AT RISK?

People who spend extended time outdoors, such as construction workers, delivery drivers, groundskeepers, and event staff are at increased risk of sun-related health issues. However, even those in indoor roles can be exposed to UV rays through windows or during breaks.

#### High-Risk Factors Include:

- Being exposed to the sun between 11 a.m. and 3 p.m.
- Working at high altitudes or near reflective surfaces (e.g. water, metal)
- Having fair or sensitive skin
- Family or personal history of skin cancer
- A lack of access to shade or sun protection



### THE HARMFUL EFFECTS OF SUN EXPOSURE

In the short term, even mild reddening of the skin from sun exposure is a sign of damage. Sunburn can blister the skin and make it peel.

Dehydration can also put you at risk of heat exhaustion. Symptoms can include dizziness, headache, nausea, muscle cramps, fast breathing and pulse, high temperature and increased thirst.

Prolonged exposure to ultraviolet (UV) rays can cause:

- Sunburn and skin damage
- Heat exhaustion and heatstroke
- Premature aging (wrinkles, sunspots)
- Skin cancer, including melanoma
- Eye damage, including cataracts

### HOW TO PROTECT YOURSELF

#### ✓ Cover Up

Keep your top on and wear long sleeves if possible. Clothing forms a barrier to the sun's harmful rays. Wear a hat with a brim or a flap that covers the ears and the back of the neck. These are areas that can easily get sunburnt.

#### ✓ Apply Sunscreen

Use a high factor sunscreen, minimum SPF 30+ broad-spectrum sunscreen. Reapply every 2 hours, particularly if perspiring. Check your skin regularly for any unusual moles or spots. See a doctor promptly if you find anything that is changing in shape, size or colour, itching or bleeding

#### ✓ Work Smart

Schedule heavy outdoor tasks for early morning or late afternoon, perhaps rotate tasks to limit direct exposure. Stay in the shade whenever possible, during your breaks and especially at lunch time.

#### ✓ Hydrate

Drink plenty of water little and often to avoid dehydration.



### LOOK OUT FOR SIGNS OF HEAT STRESS

- Dizziness or confusion
- Excessive sweating or red skin
- Headache or nausea

Act quickly. Move to shade, drink water, and seek medical help if needed.

**Stay covered. Stay hydrated. Stay safe.**

Protecting yourself from sun exposure isn't just smart, it's essential.