

# Sun Safe Fact Sheet



Skin cancer is the most common and preventable form of cancer in the United States.



Outdoor workers are at risk because they are exposed to more sunlight than the average person.



When working in the sun, remember to protect your skin, drink plenty of fluids and watch for signs of heat exhaustion.



Some medications or cosmetics may make you more sun sensitive. Check with your doctor or pharmacist.



Remember that skin cancer can be deadly.

## Sun Accessories

- Wear wide-brimmed hats and clothing that covers most of the skin.
- Eyes can get sunburned too. The sun's rays can cause inflamed corneas and cataracts. Wrap around sunglasses that protect against UVA and UVB rays are best because they block the sun's rays from the front and sides.

## Selecting Sunscreen

- SPF (Sun Protection Factor) is a measure of the sunscreen's ability to prevent sunburn over time.
- Apply a sunscreen with an SPF of at least 15, 15-30 minutes before exposure. People with lighter skin may need a higher SPF.



- Reapply sunscreen every two hours especially if you are sweating heavily or if you get wet.
- Sunscreens have a shelf life of about two years. It is a good idea to label sunscreen with the date on which it was purchased.
- Gritty sunscreen is a sign that it is no longer effective.

## **Year-round Protection**

- Even on cold or cloudy days the sun's rays are harmful.
- Surfaces such as snow, water and concrete can reflect 85-90 percent of the sun's rays, nearly doubling exposure!
- On sunny days try to avoid being in the sun between the hours of 10:00 a.m. to 4:00 p.m. This is when the sun's rays are the strongest. If you must work in the sun during this time, take frequent breaks in the shade.
- Skin cancer is more common in fair-skinned people, but it can be just as deadly for dark-skinned people.

