

Summer Safety

UV Safety Awareness



TOOL BOX TALKS

UV Safety Awareness

While sunshine is essential for your body to process vitamin D, ultraviolet (UV) radiation can quickly damage your skin, no matter your skin tone.

Why Should You Care?

- If your job is outdoors, you are exposed to a lot of UV at work. Outdoor workers get up to 10 times more UV exposure than indoor workers.
- UV radiation also causes serious damage to your eyes, as well as dryness, wrinkling and premature ageing of your skin.
- 1 in 5 Americans gets skin cancer.
- Skin cancer is the most common type of cancer in the United States.
- Just five sunburns double your risk of developing melanoma, the deadliest form of skin cancer.

What is UV?

- Ultraviolet (UV) radiation is a form of energy that comes from the sun and some artificial sources (e.g. solariums)
- We can feel the temperature and see the sun's light, but we can't see or feel UV radiation.
- UV can be high on cool or cloudy days, so don't be fooled.
- Sun protection is usually recommended once the UV level hits 3. However, if you work outdoors you get regular UV exposure and should use sun protection every day to stop UV damage adding up over time.



PPE

How could you reduce your exposure to UV radiation while working outdoors?

- Work under shade – trees or portable and permanent shade structures.
 - Move the job indoors when applicable.
 - Plan work so that outdoor tasks are scheduled earlier in the morning or later in the day.
 - Take breaks indoors or in the shade.
 - Use sun-protective PPE.
 - Move away from or modify reflective surfaces such as water, concrete, sand, glass, etc.
- Slip on a long-sleeved shirt with a collar and pants ideally made from material with an ultraviolet protection factor (UPF) of 50+.
 - Slop on broad-spectrum, water-resistant sunscreen and lip balm with a sun protection factor (SPF) of 30 or higher. Apply sunscreen 20 minutes before going out in the sun and reapply every two hours.
 - Slap on a hat that shades the face, head, ears and neck. It should be broad-brimmed, bucket or legionnaire style (caps do not protect your neck and ears). Wear attachable brims and neck flaps when wearing a hard hat.
 - Seek shade, particularly when you take breaks.
 - Slide on wrap-around sunglasses that are close fitting.

