SUN EXPOSURE AT WORK

- Of the 1.5 million outdoor workers in Canada, about 900,000 are outside at least 6 hours a day.¹
- Outdoor workers often work when solar ultraviolet (UV) radiation is strongest. Spending lunch and breaks out of the sun can have a significant impact on lowering your exposure.²

SUN EXPOSURE & YOUR SKIN

Exposure to UV from the sun can lead to:

- Skin cancer
- Sunburn
- Skin damage

SUN EXPOSURE & YOUR EYES

Long-term exposure to UV from the sun can lead to eye damage, including:

- Age-related macular degeneration
- Cataracts
- Eye cancer
- Tissue growth on the white of the eye

SKIN CANCER

- UV from the sun is the primary cause of skin cancer.³
- Skin cancer is the most commonly diagnosed cancer in Canada, and rates are increasing.⁴
- Outdoor workers are up to 2.5 to 3.5 times more likely to be diagnosed with skin cancers.⁵
- Skin cancer is largely preventable

PROTECT YOUR SKIN AND EYES FROM THE SUN

1. Cover up - wear loose clothing, long sleeves and pants
2. Protect your eyes - use UV protective eyewear
3. Cover your head, neck and ears - wear a wide brimmed hat or hard hat with a brim and use a neck flap
4. Take your break in the shade - get out of the sun when you can, especially between 11am-3pm, when UV is the strongest
5. Use sunscreen and lip balm - use at least an SPF 30 broad spectrum, water-resistant sunscreen, and don’t forget to reapply
6. Be skin safe - report changes in skin spots or moles to your doctor as soon as possible - early detection is important

SKIN CANCER RISK FACTORS

- Numerous, irregular or large moles
- Fair skin, freckles, light hair and eyes
- Personal and family history of skin cancer, and personal history of sunburns

¹Peters C, et al., 2012.
⁴Canadian Cancer Society, 2015.
⁵Radespiel-Tröger M, et al., 2009.

Contact sunsafetyatwork@ryerson.ca for more information.

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