

# Working in the Sun

*Hazards include physical – UV radiation (See Heat Illness Toolbox Talk for dehydration/heat).*

## What is UV?

- Ultraviolet (UV) radiation is a form of energy that comes from the sun and some artificial sources (e.g., tanning beds or grow lights).
- We can feel the temperature and see the sun's light, but we cannot see or feel UV radiation.
- UV can be high on cool or cloudy days, so do not be fooled.
- If you work outdoors, you get regular UV exposure and should use sun protection every day to stop UV damage adding up over time.

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

- General Workplace Controls:
  - Work under shade – trees or portable and permanent shade structures
  - Move the job indoors.
  - 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, roofing iron and snow.
  - Make sure vehicles have tinted windows.
- PPE:
  - Wear long-sleeved shirt with a collar and full-length pants made from material with an ultraviolet protection factor (UPF) of 50+.
  - Apply 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.
  - Wear 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.
  - Wear wrap-around sunglasses that are close fitting.

**Get to know your own skin.**

Most skin cancers (including melanoma) can be treated successfully if it is found early. By getting to know your own skin, you are more likely to notice anything new or different at an earlier stage. Check your skin regularly and see your doctor as soon as possible if you see a:

- new spot
- sore that does not heal
- spot that looks different from other spots around it
- spot, mole, or unusual freckle that has changed in shape, size or color or
- any skin spot that you are worried about.

**Site specific requirements:**

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**Employee participants:**

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**Date:**

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