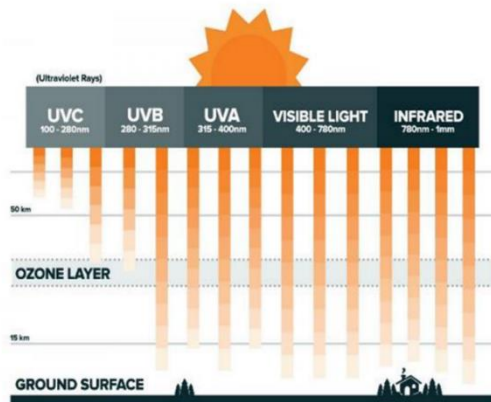


What is Solar UV?

UV is short for Ultraviolet Radiation

- Solar UV is part of the spectrum of radiation that is contained in the energy from the sun that reaches the earth.
- Some of this radiation is in the form of visible light, and this visible light is what our eyes use for sight; to perceive shape and colour.
- UV rays are invisible, and their energy is stronger than visible light but weaker than x-rays.

SOLAR UVA, UVB & UVC RAYS



Facts About Skin Cancer

- UV from the sun is the primary cause of skin cancer (melanoma) Skin cancer is the most commonly diagnosed cancer in Canada and rates are increasing
- Around 80,000 new cases of non-melanoma skin cancers and 7,000 cases of melanoma are reported each year
- 1 in 3 cancers is a skin cancer
- Skin cancer is largely preventable



THE STATS: How does this affect you?

- ⇒ Outdoor workers have a **2.5 to 3.5 times greater risk** of developing skin cancer compared to indoor workers
- ⇒ Approximately **1.5 million** Canadians are exposed to the sun on the job
- ⇒ In 2014, as many as **7,000** cases of skin cancers were attributed to occupational sun exposure
- ⇒ An estimated **67% of outdoor workers** spend two or more working hours in the sun daily
- ⇒ The largest industrial groups exposed to sun in Canada are **construction**, farming, and building care and maintenance.
- ⇒ **Over 1,200** Canadians die from melanoma skin cancer each year, and rates are rising

UV Index 1-2:

- Minimal sun protection required

UV Index 3-7: Protection Required

- Between 11am - 3pm work tasks should be done in shade
- Take breaks in the shade
- Protective clothing appropriate to the work tasks should be worn.
 - Long sleeved shirts and pants
 - UV protective eyewear
 - Wide brimmed hat or hard hat with additional brim and neck flap
 - Sunscreen and lip balm (minimum SPF 30)

UV Index 8-11: Extra Protection Required

- Between 11am – 3pm, work tasks should be rescheduled to avoid outdoor work
 - If rescheduling is not possible, work tasks should be done in shade
- Take breaks in the shade
- Protective clothing appropriate to the work tasks should be worn:
 - Long sleeved shirts and pants
 - UV protective eyewear
 - Wide brimmed hat or hard hat with additional brim and neck flap
 - Sunscreen and lip balm (minimum SPF 30)

UV Index 1-2 = Low; UV Index 3-7 = Moderate to High; UV Index 8-11 = Very High to Extreme



HOW TO PROTECT YOURSELF

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

Sunscreen Facts

- Sunscreen is effective when applied correctly. Use a sunscreen that is SPF 30, broad spectrum and water-resistant.
- Sunscreen should be used in combination with other controls (long clothing, hats, shade, sunglasses).
- Apply generously and use more than you think you need. Reapply regularly.
- Sunscreen begins to work as soon as you apply it. Use sunscreen as part of your preparation for the day, just like brushing your teeth.
- Sunscreen ingredients are tested and must follow health guidelines to make sure they are safe to use.
- Store sunscreen in a cool place as it can deteriorate if stored in hot conditions.

SOURCES: Canadian Partnership Against Cancer, Sun Safety at Work