Sun Safety

Enjoy summer while protecting yourself from the sun!

COVER UP!
When the UV Index is 3 or higher...
Wear light-coloured, long-sleeved shirts, pants, and a wide-brimmed hat made from breathable fabric.
Make sure your sunglasses protect against both UVA and UVB rays.

LIMIT YOUR TIME IN THE SUN
Keep out of the sun and heat between:
11 a.m. and 3 p.m.
Seek shade and always take an umbrella to the beach!

DRINK COOL LIQUIDS
On hot and humid days, stay cool and hydrated to avoid heat illness.
Drink water throughout the day BEFORE you feel thirsty!
Thirst is not a good indicator of dehydration.

USE THE UV INDEX FORCAST
Tune into your local radio station, news channel, or online for the UV forecast in your area!
When the UV index is 3 or higher, wear protective clothing, sunglasses, and sunscreen, even when it’s cloudy.

AVOID USING TANNING EQUIPMENT
There is no such thing as a ‘healthy’ tan.
Using tanning equipment damages your skin and increases your risk of developing melanoma, the deadliest form of skin cancer.

WEAR SUNSCREEN
Use sunscreen labelled “broad spectrum” and “water resistant” with an SPF of at least 30

A Message from the Unifor National Joint Health and Safety Committee

Source: www.canada.ca/en/health-canada