

# SUN SAFETY AT WORK



## Sun exposure at work increases risk of skin cancer



Sun exposure is a serious occupational hazard.

Exposure to ultraviolet radiation from the sun via skin or eyes can cause a number of health effects, including:


- Skin cancer
- Sunburn
- Skin damage
- Cataracts
- Eye lesions and cancer

### Sun exposure is the leading cause of skin cancer.

About 1 in 3 new cancer cases in Canada are skin cancer.<sup>1</sup>

It is the most common type of cancer in the country.<sup>1</sup>

Skin cancer and other sun-related health effects are largely preventable by limiting exposure to sunlight.



**82,600**  
People in Canada  
were diagnosed with  
skin cancer in 2014

Approximately 1.5 million Canadians are exposed to sun at work.<sup>2</sup>



Outdoor workers have higher sun exposure during work and leisure time than indoor workers.<sup>3</sup>



About 67% of outdoor workers in Canada spend 2 or more working hours in the sun daily.<sup>4</sup>



The largest industrial groups exposed to sun in Canada are construction, farming, and building care and maintenance.<sup>2</sup>



**Outdoor workers have a 2.5 to 3.5 times greater risk of skin cancer than indoor workers.<sup>5</sup>**



As many as 7,000 skin cancers were attributed to occupational exposure to the sun in 2014.<sup>6,7</sup>



For more information on prevention, please contact [sunsafetyatwork@ryerson.ca](mailto:sunsafetyatwork@ryerson.ca).