Sun Protection for Outdoor Workers

If you work outdoors, you have a higher risk for developing skin cancer because you are regularly exposed to the sun for long periods of time. Often this exposure happens during those times in the day when the sun’s ultraviolet (UV) radiation, which will harm the skin, is at its strongest — between 12 noon and 2 pm.

The good news is that skin cancer is largely preventable. Here are ways you can protect yourself:

- Try to limit the amount of time you work outdoors in the direct sun from 11 am to 3 pm
- Seek shade from buildings, tree canopies, etc., especially during lunch and coffee breaks
- Wear a wide-brimmed hat (more than 8 cm or 3 inches)
- Attach a back flap to a construction helmet to cover the back of the neck and a visor for the front of the face

Source :: http://www.bccancer.bc.ca/health-info/prevention-screening/prevention/sun-safety

WHY HEALTH & SAFETY NEWSLETTER?

Health and Safety is a priority at BCIT. OHS newsletters contain monthly first aid statistics, compliance concerns, and updates of new legislation and interest articles.
Sun Protection for Outdoor Workers cont’d

- Wear loose, comfortable clothing that covers as much of the body as possible. Fabrics that do not let light through work best
- Apply an SPF 30 or higher broad spectrum (protects against UVA and UVB) sunscreen to all exposed areas of skin before you go outside. Reapply at midday or more often if you are perspiring heavily
- Apply a broad spectrum SPF 30 lip balm

Sun Myths

I don’t need to protect myself from the sun on a cloudy day in spring or summer.

**MYTH.** Yes, you need sun protection because up to 90% of the sun’s ultraviolet (UV) radiation passes through light cloud cover.

A tan protects my skin from the sun.

**MYTH.** A tan does not really provide much protection from the sun and is only equal to a sun protection factor (SPF or protection against sunburn) of between 2 and 4.