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- cover up with clothing
- wear protective headwear
- seek shade whenever you can
- wear spf 30+ sunscreen

In British Columbia, we have jobs to do outdoors year-round. Work hard and stay sun safe.

Learn Not to Burn

- Cover up with lightweight, UV-blocking clothing and headwear.
- Realize that UV rays are strongest between 11 am and 3 pm; take time out in the shade.
- Use a broad-spectrum sunscreen with 30+ SPF.

Did You Know?

- More than 90 percent of skin cancer is caused by the sun.
- A sunburn can cause changes to the skin's DNA that can lead to melanoma, the most deadly type of skin cancer.
- Overexposure to the sun gives you wrinkles, discolours your skin, and makes you look older.

JUNE Safety Talk

Topic: Be Sun Safe

Safety on the Job

- Seek shade from buildings, trees, canopies, etc, as much as possible, especially during lunch and coffee breaks.
- Wear a wide-brimmed hat (more than 8 cm or 3 in), or attach a back flap to a hard hat to cover the back of the neck and a visor for the front of the face.
- Wear loose, comfortable clothing that covers as much of the body as possible.
- Reapply sunscreen if you are perspiring heavily. Apply a broad spectrum, SPF 30+ lip balm.
- Be sun safe in winter, too. Snow, ice, and paving all reflect the sun's UV rays.

