

Summer Safety Tip – Sun Safety

Exposure to ultra violet radiation (UV) can cause skin cancer, sunburn, premature skin aging, eye damage, and can weaken your immune system. The UV index shows the intensity of the sun's UVB rays. You should be sure to take precautions when you go outside and the UV index is 3 or higher.

- Avoid unnecessary exposure to the sun, especially to the intense midday rays between 11:00 a.m. and 4:00 p.m. and be aware that you can get a sunburn on a cloudy day.
- Protect your eyes by wearing UV blocking sunglasses.
- Stay in shaded areas for outdoor activities where possible.
- Protect your skin by wearing protective clothing: a broad brimmed hat, lightweight, long-sleeved shirt, and long pants.
- Apply waterproof sunscreen to all exposed parts of your body. Ensure that it has a Sun Protection Factor (SPF) of at least 15 and has both UVA and UVB protection. Re-apply every two hours and after sweating or swimming.

Source: CCOHS