



SUN SAFETY FACT SHEET

Prevention

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Avoiding risk factors and increasing protective behaviors may help prevent skin cancer. Protect yourself from the sun everyday. Check the UV Index and practice the recommendations that are practical.

- Reduce sun exposure from 10 a.m. to 4 p.m., when UV rays are strongest. This is especially important from March through October.
- Wear a wide-brimmed hat (at least 4-inch brim) that produces a shadow that covers the eyes, nose, face, ears, and neck.
- Wear tightly-woven, loose-fitting clothing that covers as much of the body as possible, weather permitting.
- Stay in the shade (trees, physical structures).
- Wear sunglasses that provide 99 – 100 percent UVA and UVB (broad-spectrum) protection. Prescription glasses can have an UV-protective coating applied to the lens.
- Liberally apply sunscreen to exposed skin 15 minutes before going outdoors. The sunscreen container should specify a sun protection factor (SPF) of 15 or above and should state that it provides broad-spectrum (UVA and UVB) protection. Look for mexoryl, zinc oxide, or z-cote in the active ingredients list to help assure maximum sunscreen effectiveness. Depending on outdoor conditions, sunscreen should be reapplied at least every two hours.
- Use lip balm with a SPF of 15 or greater.
- Avoid tanning salons, booths, and sunlamps.

CAUTION!

Don't depend on sunscreen alone to protect you from skin cancer. Instead, rely as much as possible on a combination of all the tips listed.

Outdoor worker supervisors should model sun-protective behaviors. Employees may want to utilize a skin cancer prevention “buddy system” to reinforce and support their commitment to practice sun safety.



Cover up!



Wear UV-protective sunglasses!

