

Staying SUN SAFE

in the workplace



Wear a Hat

PUT ON YOUR Sunnies

Close fitting, wrap around
sunglasses EPF 10+



Seek Shade



Seeking shade can reduce UV
rays by 50% or more

Try to limit your time in the sun
between 10am – 3pm

KEEP HYDRATED



We can lose 2% body weight
of water in an hour in hot
conditions when we are
working physically.

If you work in a hot environment
and do heavy physical work,
you need to be especially aware
of the signs of dehydration.

Sip water frequently if you work
in a hot environment - it's better
to drink a glass of water every
15-20 minutes than a litre all at
once every hour.

WEAR SUN PROTECTIVE CLOTHING

Wear light, UV
protected clothing



Apply SPF sunscreen

30+



How much:

One teaspoon per limb

When:

Apply 20 minutes
before going outside,
then every two hours,
more often if sweating.

How:

Apply to clean, dry
skin; don't rub
sunscreen in - a light
film should stay visible
on your skin.