



Sun exposure at work increases your risk of skin cancer



Sun exposure is a serious occupational hazard.

Exposure to ultraviolet radiation (UV) from the sun via skin or eyes can cause a number of health effects, including:

- Skin cancer
- Sunburn
- Skin damage
- Cataracts
- Eye lesions and cancer

Sun exposure is the leading cause of skin cancer.

About 1 in 3 new cancer cases in Canada are skin cancer. It is the most common type of cancer in the country. Skin cancer and other sun-related health effects are largely preventable by limiting sun exposure and protecting your skin.



Approximately 1.7 million Canadians are exposed to sun at work.



Outdoor workers have higher sun exposure during work and leisure time than indoor workers.



Over 50% of outdoor workers in Canada spend more than 2 hours a day in the sun.



The largest industrial groups exposed to UV in Saskatchewan include agriculture, construction and mining.



Outdoor workers have a 2.5 to 3.5 times greater risk of skin cancer than indoor workers.



Saskatchewan has the 2nd highest number of workers exposed to UV on the job per capita in Canada.