



## 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.