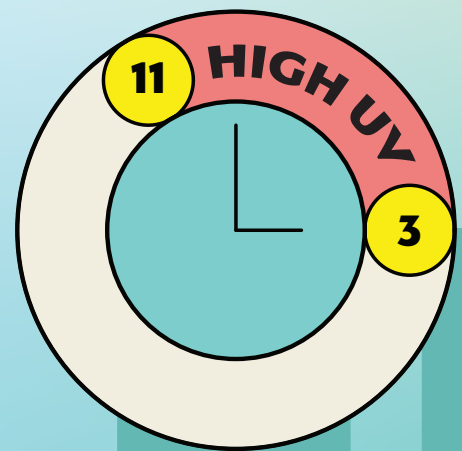
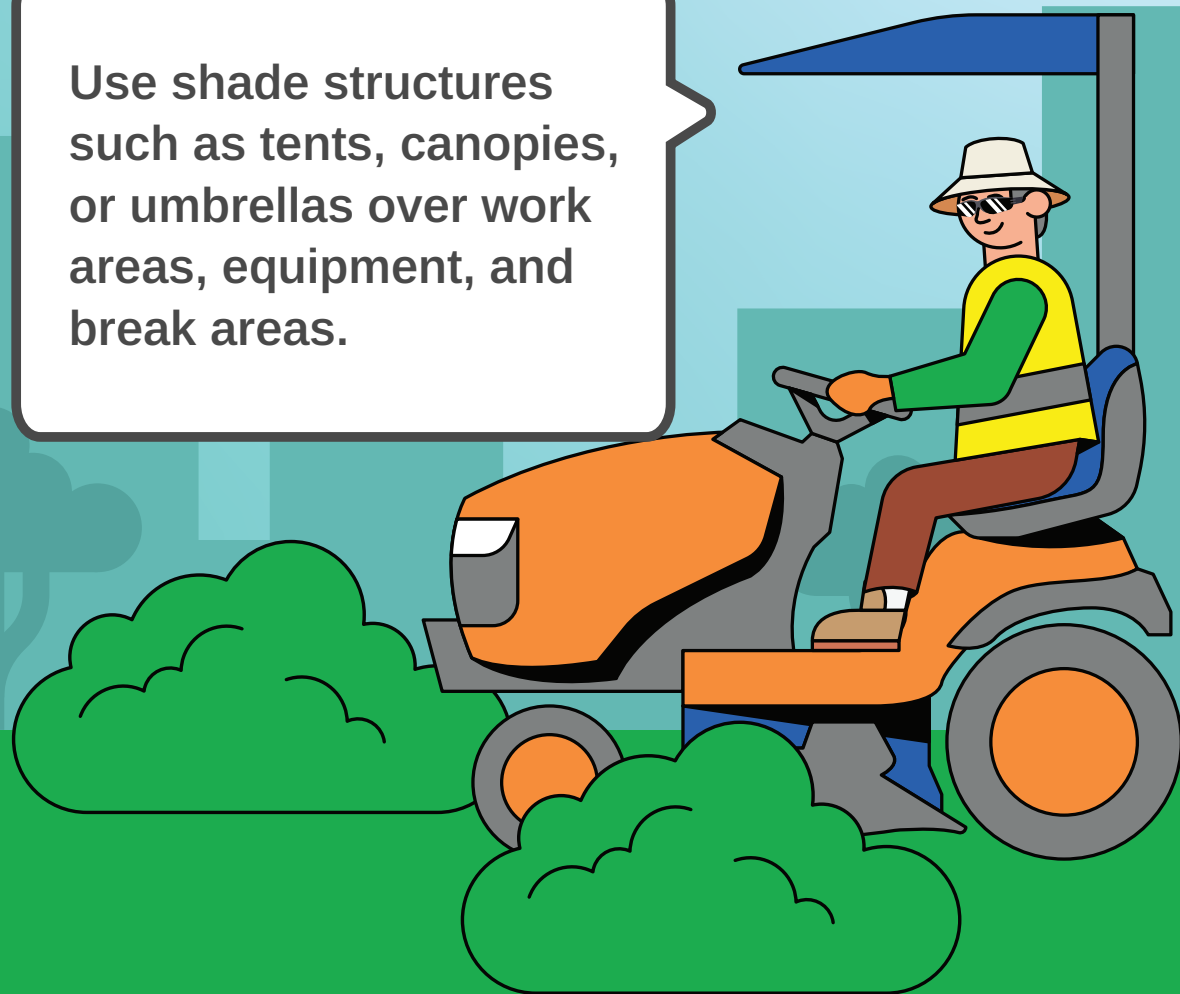




Safe Crews Work **Sun**Smart

UVR can't be felt. You can only see the damage later.
Practice on-the-job protection to stay safe.

Use shade structures such as tents, canopies, or umbrellas over work areas, equipment, and break areas.

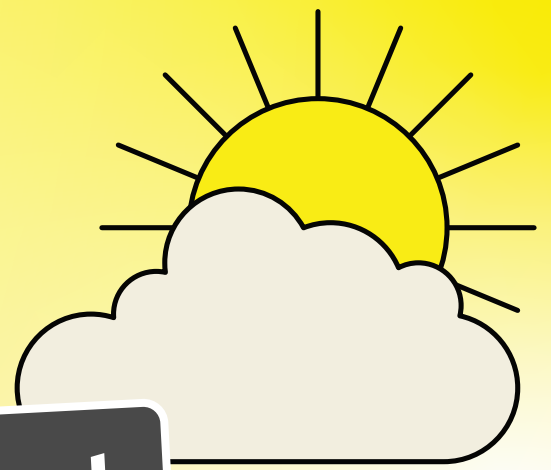


Schedule high-exposure jobs outside of
**PEAK UV HOURS
OF 11 AM – 3 PM**
(Spring to Fall).

Contact your
Safety Representative
for support with developing
your Sun Safety Plan.

Find more
resources at
sunsmartsk.ca





Safe Crews Work **Sun**Smart

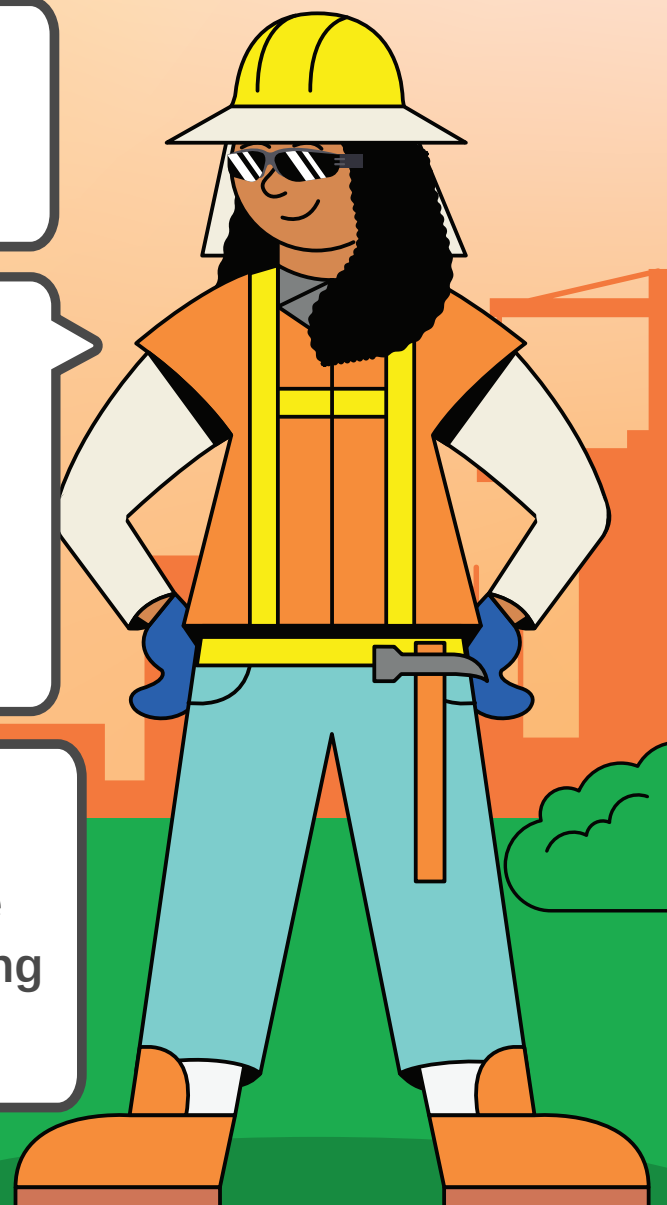
Sun Safety goes beyond hard hats. A UV Index over 3 requires additional protection to prevent heat illness, eye damage, sunburns, and skin cancer.



100% UV-blocking or UV400 safety glasses or goggles.

Wide-brimmed hats, or sunshade attachments on hard hats to shade the head, face, ears, and back of the neck.

Lightweight tightly woven, or UV-protective (labelled as UPF) clothing is recommended.



Contact your
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for support with developing
your Sun Safety Plan.

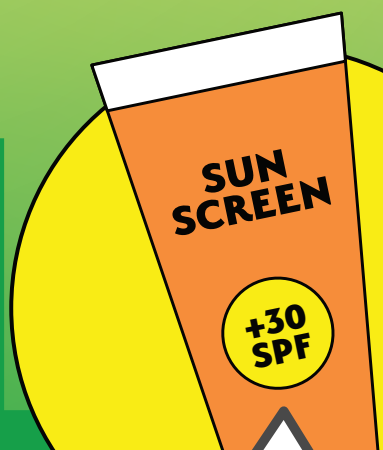
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Safe Crews Work **Sun**Smart

Outdoor workers are 3 times more likely to develop skin cancer and other harmful effects like sunburn and premature aging. Work hard, but don't forget the sunscreen.



Use broad-spectrum water-resistant SPF 30+ sunscreen.



Don't forget ears, back of neck, lips (SPF lip balm), scalp/hairline, and hands.

Reapply every 2 hours and after sweating or wiping your skin.

Contact your Safety Representative for support with developing your Sun Safety Plan.

Find more resources at sunsmartsk.ca





Safe Crews Work **Sun** Smart

Outdoor workers are at risk of heat illness, including heat exhaustion, heat cramps, and heat stroke. Know the risks – Keep cool, stay safe.

UV



Be aware of the daily UV index and temperature and plan work accordingly.

Take frequent shaded breaks on hot days and stay hydrated.



Know the signs of heat illnesses and how to administer first aid.

Contact your Safety Representative for support with developing your Sun Safety Plan.

Find more resources at sunsmartsk.ca

