

# DANGER

## DUE TO

### UV RADIATION FROM THE SUN

**People who work outdoors** have a higher risk of developing skin cancer, eye cancer and cataracts. They are regularly exposed to the damaging effects of the sun for long periods of time.

**Damage from the sun  
can be prevented!**



Region of Waterloo  
PUBLIC HEALTH AND  
EMERGENCY SERVICES

# PROTECT YOURSELF

in five simple steps:

## Seek shade

Seek shade especially during lunch and coffee breaks. The sun is strongest between 11 a.m.–3 p.m.



## Slip on sun-protective clothing

Choose long pants and long sleeve collared shirts. Wear clothing that covers as much of the body as possible.



## Slop on SPF 30+ sunscreen and lip balm

Apply a broad spectrum (UVA and UVB), water-resistant sunscreen 20 minutes before going outside. Reapply at least every two hours or sooner if you get wet or have been sweating.



## Slap on a broad-brimmed hat

A hat should cover your head, face, neck and ears. The brim should be at least eight centimetres (three inches) wide. Attach a back flap and/or visor to a construction helmet.



## Slide on sunglasses

Go for close-fitting wrap-around styles that have UVA and UVB protection.



For more information  
call 519-575-4400 or visit

[www.regionofwaterloo.ca/ph](http://www.regionofwaterloo.ca/ph)