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!
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