Job Task

Sun Exposure (for both on and off the job)

Hazard Review

Sunburn, skin cancer

1. Sunburn can occur during any time of the year. To avoid sunburn, wear hats with wide brims and use sunscreen with a Sun Protective Factor (SPF) rating of 15 or higher.

2. People who sunburn easily, and those with fair skin and red or blond hair are more prone to develop skin cancer. The amount of time spent in the sun also affects a person's risk of skin cancer.

3. To prevent skin cancer:
   - Cover up with a wide brimmed hat and a bandanna for your neck. Wear long-sleeved shirts and pants which the sun cannot penetrate.
   - Apply sunscreen at least an hour before going into the sun and again after swimming or perspiring a lot. Women may receive added protection by using tinted opaque cosmetic foundation along with a sunscreen.
   - Do not use indoor sun lamps, tanning salons/parlors, or tanning pills.
   - You can still get burned on a cloudy day. Try to stay out of the direct sun at midday, because sun rays are their strongest between 10 a.m. and 3 p.m. Beware of high altitudes - where there is less atmosphere to filter out the ultraviolet rays.
   - Skiers should remember that snow reflects the sun's rays, too.

4. Do a monthly self-examination of your skin to note any moles, blemishes or birthmarks. Check them once a month and if you notice any changes in size, shape or color, or if a sore does not heal, see your physician without delay.