



# Guidelines for Sun Protection

## Guidelines for Sun Protection:

When the UV Index is 3 or greater Sun Protection Measures must be implemented.

See enclosed UV Index.

All measures must be implemented together to decrease the risk of exposure to UV radiation.

- Restrict time from 11 am to 4 pm during peak time of day when UV radiation is the greatest.
- Shade
  - Natural - shade from a solid structure is more effective. Trees, latticework, etc. allow some UV radiation to pass through.
  - Artificial - (i.e., tents, awnings and tarps) provide or make available, where possible. Cover areas that are used frequently such as break areas, or work areas outdoors.
- Protective Clothing – provide or encourage to wear tight woven and light weight clothing that covers as much skin surface as possible – long sleeve shirts, pants, gloves, etc.
  - Hats with a brim of greater than 8 cms (3 inches) all the way around. Hard hats are available with a brim that goes all the way around but it is narrower than the recommended width. ‘Hard Hat Shade’<sup>1</sup> as seen below, is a fabric accessory that slips onto any existing hard hat.



- Legionnaire style hats are also recommended. They must cover the ears and back of the neck. The ‘Hard Hat Neck Drape’ can also be added to hard hats. <sup>2</sup>



## ■ Protective Eyewear

- Sun glasses, safety glasses, infrared safety glasses with 100% UVB and UVA protection. They don't have to be expensive to have this protection.
- Eyewear should be wrap around to protect the eyes from all angles.

## ■ Sunscreen

- SPF (Sun Protection Factor) of 15 or greater. Some organizations are now recommending an SPF of 30. The SPF refers only to the protection against UVB rays.
- Choose a sunscreen that is broad spectrum. This is the protection again UVA rays as well as the UVB rays.
- Sunscreens have an expiry date. So look for this.
- It is not necessary to have sunscreen products combined with other products, such as insect repellent. The products, to be effective, are used in very different ways and used at different times of the day.
- Apply sunscreen liberally 20 – 30 minutes before going outside. Reapply in 20 minutes and then every 2 hours.
- Products that show the Canadian Dermatology Association logo meet the above standards. It is not necessary to have this endorsement to have an effective sunscreen.
- Some medications and drugs may increase an individual's susceptibility to sunburn.

**The use of the above personal protective measures should not lead to additional safety risks of wearing head protection with inadequate impact protection, UV-blocking safety glasses that affect vision, or heat stress from wearing heavy clothing.**

<sup>1</sup> <http://www.discountsafetygear.com/hardhatshade.html> Head Protection – Online Stores, Inc., New Stanton, PA December 2007.

<sup>2</sup>

[http://www.amazon.com/Hard-Neck-Drape-Size-White/dp/B000PJA4AW/ref=sr\\_1\\_1?ie=UTF8&s=apparel&qid=1197307370&sr=1-1](http://www.amazon.com/Hard-Neck-Drape-Size-White/dp/B000PJA4AW/ref=sr_1_1?ie=UTF8&s=apparel&qid=1197307370&sr=1-1) Hard Hat Neck Drape by SunGrubbies.com, December 2007

