

# Sun Safety

**Enjoy summer while protecting yourself from the sun!**



## **COVER UP!**



**When the UV Index is 3 or higher...**

Wear light-coloured, long-sleeved shirts, pants, and a wide-brimmed hat made from breathable fabric.

Make sure your sunglasses protect against both UVA and UVB rays.

## **USE THE UV INDEX FORECAST**

Tune into your local radio station, news channel, or online for the UV forecast in your area!

When the UV index is 3 or higher, wear protective clothing, sunglasses, and sunscreen, even when it's cloudy.

## **WEAR SUNSCREEN**



Use sunscreen labelled "broad spectrum" and "water resistant" with an

**SPF of at least 30**

## **LIMIT YOUR TIME IN THE SUN**

Keep out of the sun and heat between:

**11 a.m. and 3 p.m.**

Seek shade and always take an umbrella to the beach!

## **DRINK COOL LIQUIDS**

On hot and humid days, stay cool and hydrated to avoid heat illness.

Drink water throughout the day **BEFORE** you feel thirsty!

**Thirst is not a good indicator of dehydration.**

## **AVOID USING TANNING EQUIPMENT**

**There is no such thing as a 'healthy' tan.**

Using tanning equipment damages your skin and increases your risk of developing melanoma, the deadliest form of skin cancer.



**A Message from the Unifor National Joint Health and Safety Committee**



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