



Protect Your Canvas



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Check the UV Index daily

- Higher number = greater UV
- Take more precautions on high UV days (6-11+)

PRECAUTIONS

Work or Rest in the Shade

- Bring portable shade with you.
- Look for natural shade nearby.
- Vehicles can provide some shade.
- Attach shade devices to heavy equipment

Wear Sunglasses

Cover Up with Long Sleeves & Long Pants

Wear a Hat

- Wide brims provide better protection.
- Attach a flap to the back of a hard hat.

Apply Sunscreen and Lip Balm

- Use SPF 30 or more.
- Apply in the morning & reapply at midday.
- Slop it on! Use more than you think you need.

Do not depend on sunscreen alone.

Combine sunscreen with hats, sunglasses, long sleeves, long pants, and shade to protect against the sun's UV radiation.