



# SUN SAFETY TIPS

## CHECK THE UV INDEX DAILY

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

## 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 & LIP BALM

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

## EXAMINE YOUR SKIN

- ◆ Watch for moles and other spots.
- ◆ Report skin changes to your doctor.

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.



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the road map to sun safety