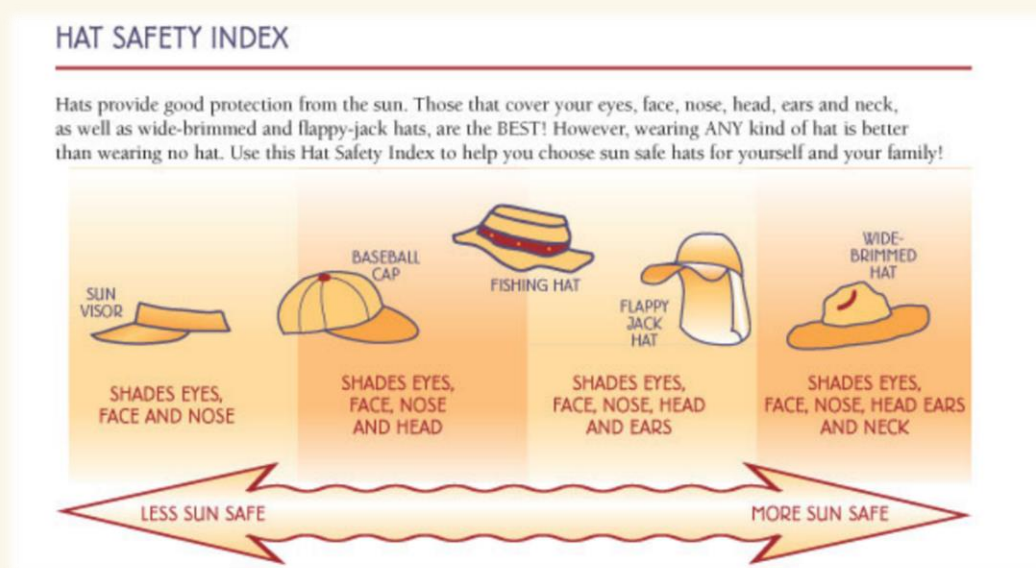


Hats

Do all hats provide the same amount of sun protection?

No. While any hat is better than no hat, the best hats have wide brims to protect your face, nose, head, ears, and neck. When outdoors, wearing a hat is one of the best ways to protect yourself from the sun. Not only can a hat with a brim protect the delicate skin on your face, but it can also protect your eyes.



How much more sun protection does a wide brim provide?

Compared to a front-brimmed hat (like a baseball cap), a wide-brimmed hat can provide:

- **Face:** up to 26% more protection
- **Ears:** up to 38% more protection
- **Neck:** up to 46% more protection

How can I make a hard hat more sun protective?

- Choose a wide-brimmed hard hat if you can.
- Attach a circular sun shield or a neck flap to a hard hat.
 - Adding a neck flap to the back of a hard hat can shield the neck from 75% UV.