

# Sun protection

Outdoor workers wear personal protective equipment such as hard hats and safety glasses, but they should also take precautions to protect their skin from sun exposure. Follow these safety tips if you work outside.

## Safety tips

- Apply sunscreen 20–30 minutes before you go outdoors
- Use sweat-proof, waterproof sunscreen with an SPF of 15 or greater on your face, neck, hands, forearms, and other exposed body parts
- Wear lip protection that contains sunscreen to prevent dry, chapped lips
- Reapply sunscreen and lip protection frequently throughout the day
- Wear sunglasses that filter ultraviolet rays
- If possible, wear a wide-brimmed hat to prevent excessive sun exposure to your face
- Check your skin monthly and seek medical attention if you notice any changes, including:
  - Pale, wax-like, pearly nodules
  - Red, scaly, sharply-outlined patches
  - Sores that don't heal
  - Small, mole-like growths (this could be melanoma, the most serious type of skin cancer)
- Take breaks in the shade throughout the day

