



Health PEI
OCCUPATIONAL HEALTH,
SAFETY, & WELLNESS



SAFETY TALK

SUN EXPOSURE & SAFETY



THE SUN'S RAYS ARE STRONGEST BETWEEN

11AM – 3PM

SEEK SHADE DURING THESE HOURS



Use sunscreen labelled "broad spectrum" with a sun protection factor (SPF) of at least 30 on skin not covered by clothing

Apply sunscreen generously and reapply after swimming, strenuous exercise or toweling off

Look for the Canadian Dermatology Association Sun Protection Recognition logo on sunscreen products



SUNSCREEN



ARE SUNSCREENS SAFE?

The safety of UV filters has been shown in an extensive program of toxicological studies. The benefits of sunscreen preventing skin cancer and aging have been well-studied and proven in large scientific medical studies of people in Australia followed for over 10 years.

[Government of Canada Sunscreen Tips Poster](#)

Ultraviolet (UV) Index

The ultraviolet (UV) index is a useful tool when it comes to sun protection. It was developed by Environment Canada to inform Canadians about the strength of the sun's ultraviolet radiation.

ALWAYS WEAR

UV-PROTECTIVE SUNGLASSES

Look for full UVA and UVB protection. The best protection is offered by close-fitting wraparound sunglasses



Sun exposure and hydration are closely linked, with sun exposure increasing the need for adequate hydration! Remember to drink plenty of fluids, especially water!

Each year there are over 80,000 new cases of **skin cancer** in Canada, making it the **most diagnosed type of cancer**. About 1/3 of all new cases of cancer in Canada are skin cancers. There are also over 1,500 deaths from skin cancer each year and rates are **increasing**.

Sources: Canadian Dermatology Association: dermatology.ca ; sunsafetyatwork.ca

Safety is everyone's responsibility!

DATE: _____
FACILITY: _____

SAFETY TALK LEAD BY: _____
DEPARTMENT: _____

DISCUSSION QUESTIONS:

WHAT TIME OF DAY ARE THE SUNS RAYS THE STRONGEST?
WHAT SPF IS RECOMMENDED FOR MINIMUM PROTECTION?

EMPLOYEE CONCERNS & IDEAS FOR IMPROVEMENT:

EMPLOYEES PRESENT:

FOLLOW UP ON CONCERNS:

If you have any feedback on the Safety Talks program or a suggestion for a Safety Talk, please contact a member of the Wellness & Safety Team or email healthpeihr@ihis.org.

Safety Talks can be found on the Staff Resource Centre at: <https://src.healthpei.ca/safety-talks>