

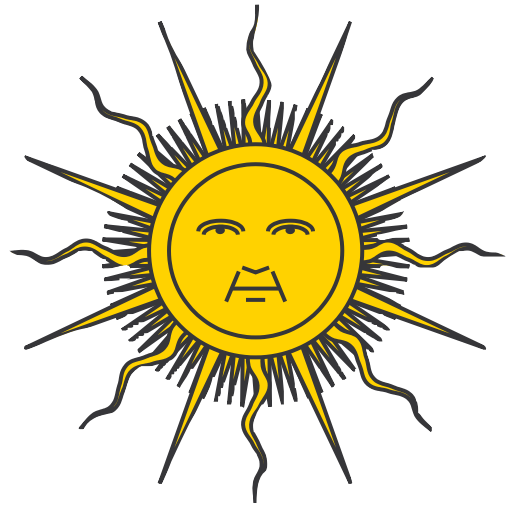


Prevention Update

**Safety Matters
@ Work**

SUN SAFETY GUIDELINES

Skin cancer is the most common cancer in Canada, accounting for about one third of all newly diagnosed cancers. Prince Edward Island has one of the highest skin cancer rates in Canada. Ninety per cent of skin cancers are preventable. The most effective prevention is to avoid prolonged exposure to the UV rays of the sun. Outdoor workers have a higher risk because the damage caused by the ultra violet rays accumulates over time.



Reduce your risk:

It is possible to work outdoors in the sun but following the listed guidelines will reduce your risk of developing skin cancer:

- ☺ Reduce sun exposure between 11 a.m. and 4 p.m. or any time of the day when the UV Index™ is 3 or more. The sun's rays are at their strongest between these hours. It's easy to remember – during these hours your shadow is shorter than you are.
- ☺ Seek shade or create your own shade at the worksite. As the sun is strongest between 11 a.m. and 4 p.m., seek shade whenever possible, such as during lunch or afternoon breaks.
- ☺ Use lightweight, tightly woven, and loose fitting clothing to cover your arms and legs. Covering your skin will protect it from the sun. Use sunscreen as a backup.

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- ☹️ Use a wide-brimmed hat (or bucket hat). Most skin cancers occur on the face and neck. This area needs extra protection. Wear a hat with a wide-brim that covers your head, face, ears and neck. Hats without a wide-brim, like baseball caps, do not give you enough protection.
- ☹️ Always have sunscreen available. Use a sunscreen with SPF (Sun Protection Factor) 30 when you will be outside for most of the day. Look for “broad spectrum” on the label, which means it protects against both UVA and UVB rays. Apply sunscreen generously 20 minutes before outdoor activities. Reapply every 2 hours. Sunscreen is meant to reduce the level of UV exposure and provide some protection from sun burn. It is not intended to lengthen the time you can spend in the sun. No sunscreen can absorb all of the sun’s rays. Sunscreen should be used with shade, clothing, hats and sunglasses, and not instead of them.
- ☹️ Sunglasses are very important to protect your eyes. Use a wraparound style that states they provide protection from UVA and UVB wavelengths.

REMEMBER: When working outside all day use available shade, a hat with a wide-brim, sunglasses and tightly woven, loose fitting clothing as your best protection. Use sunscreen on exposed skin and reapply frequently. All these suggestions are meant to work together to keep you sun safe.



Canadian Cancer Society
Société canadienne du cancer

PRINCE EDWARD ISLAND

This Prevention Update has been developed in partnership with the Canadian Cancer Society, Prince Edward Island Division and the Workers Compensation Board of PEI.



Workers Compensation Board
of Prince Edward Island

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