



# Sun Safety

## Sunscreen

### Your skin in the sun

- Exposure to the sun’s ultraviolet (UV) rays can lead to: sunburns, skin damage, wrinkles and skin cancer.
- Skin cancer is the most common cancer in Canada, and rates are increasing.
- **Skin cancer can be prevented.**

## 6 Things to know about sunscreen

- 1 No sunscreen provides 100% protection.** Use sunscreen with other sun protection measures such as limiting time in the sun, seeking shade, wearing protective clothing and a hat, and wearing sunglasses.
- 2 Sunscreen is safe to use.** Health Canada regulates the safety, effectiveness, and quality of sunscreens in Canada. No published studies have shown that sunscreen is toxic to humans or hazardous to human health. Sunscreen may be used on babies over six months; avoid the mouth and eye areas.
- 3 Apply sunscreen on skin that is not covered by clothes or a hat.** Don’t forget your face, neck, ears, and the back of your hands and feet. Use sunscreen lip balm to protect your lips.
- 4 Read the label and try it out.** Choose a sunscreen that is labelled SPF 30 or higher, ‘broad spectrum’ (UVA and UVB protection), and ‘water resistant’. Use a sunscreen that you like and find easy to use.
- 5 Remember to use sunscreen.** Use sunscreen when the sun’s UV rays are at their strongest, such as when the UV Index is 3 or higher, usually from 11 a.m. to 3 p.m. Apply sunscreen before other skin products. Re-apply sunscreen regularly, especially after sweating, swimming, or towelling.
- 6 Are you wearing enough sunscreen?** Most adults need 2 to 3 tablespoons of sunscreen to cover their body; 1 teaspoon of sunscreen to cover their face and neck.

### Things to avoid

- Getting a tan or a sunburn.
- Exposing yourself to UV rays to meet vitamin D needs. Use food or supplements instead.





# Sun Safety

## Children

### Children in the sun

- Over half of Ontario children spend at least two hours in the summer sun.
- Children’s eyes have large pupils and clear lenses, allowing a lot of sunlight to enter.
- UV rays can harm the eyes at any time of day and all year round, even when it’s cloudy.

### Sun exposure and your skin & eyes

Exposure to UV rays can lead to:

- Skin cancer
- Skin damage
- Sunburns
- Eye lesions
- Cataracts
- Retinal Burns

**CHILDREN** are often **OUTSIDE** when the **SUN’S ULTRAVIOLET (UV)** rays are the **STRONGEST**.

## Protect your skin and eyes from the sun

- 1 Time of Day:** If you can, limit time in the sun when the UV Index is 3 or higher, usually between 11 a.m. to 3 p.m.
- 2 Shade:** Seek shade or make shade by using an umbrella, a UV protective tent or pop-up shade shelter. Keep babies younger than 1 year of age out of direct sunlight.
- 3 Cover Up:** Wear clothes that cover as much skin as possible or UV-protective clothing. Wear a wide brimmed hat or baseball cap with flaps that cover the head, neck and ears.
- 4 Sunscreen:** Apply plenty of sunscreen with SPF 30 or more, labelled ‘broad spectrum’ and ‘water resistant’. Reapply when needed (especially after swimming, sweating, or towelling). Use a sunscreen lip balm. Sunscreen may be used on babies over six months of age; avoid the mouth and eye areas.
- 5 Sunglasses:** Wear close fitting/wrap-around sunglasses with UV 400 or 100% UV protection. Children’s and babies’ sunglasses should be unbreakable.

### Things to avoid

- Children and teens should avoid getting a tan or a sunburn.
- Don’t expose children to UV rays to meet vitamin D needs. Use food or supplements instead.





# Sun Safety

## Outdoor Sports and Recreation

### Did you know?

- Outdoor sports are often held when the sun's ultraviolet (UV) rays are very strong.
- Water, sand, concrete and snow can reflect and increase the sun's UV rays.
- Most people get their most serious sunburn while participating in outdoor recreational activities. **Sunburns increase the risk of skin cancer.**

### Sun exposure and your skin & eyes

Exposure to UV rays can lead to:

- Skin cancer
- Skin damage
- Sunburns
- Eye lesions
- Cataracts
- Retinal Burns

**PEOPLE** playing **OUTDOOR SPORTS** and **SPECTATORS** are at increased **RISK** of **SKIN CANCER**.

## Protect your skin and eyes from the sun

- 1 Time of Day:** If you can, limit time in the sun when the UV Index is 3 or higher, usually between 11 a.m. to 3 p.m.
- 2 Shade:** Seek shade or make shade by using an umbrella, a UV protective tent or pop-up shade shelter.
- 3 Cover Up:** Wear clothes that cover as much skin as possible or UV-protective clothing. Wear a wide brimmed hat or baseball cap with flaps that cover the head, neck and ears.

- 4 Sunscreen:** Apply plenty of sunscreen with SPF 30 or more, labelled 'broad spectrum' and 'water resistant'. Reapply when needed (especially after swimming, sweating, or towelling). Use a sunscreen lip balm.
- 5 Sunglasses:** Wear close fitting/wrap-around sunglasses with UV 400 or 100% UV protection.

### Things to avoid

- Getting a tan or a sunburn.
- Exposing yourself to UV rays to meet vitamin D needs. Use food or supplements instead.





# Sun Safety

## Outdoor Workers

### Did you know?

- Outdoor workers often work when the sun's ultraviolet (UV) rays are at their strongest.
- Reflective surfaces (e.g., asphalt, concrete, sand, water, snow) can increase the harmful effects of UV rays.

### Sun exposure and your skin and eyes

Exposure to UV rays can lead to:

- Skin cancer
- Skin damage
- Sunburns
- Eye lesions
- Cataracts
- Retinal burns

**OUTDOOR** workers are up to **2.5 TO 3.5** times more likely to be **DIAGNOSED** with **SKIN CANCERS**.

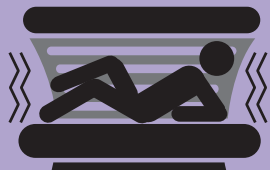
## Protect your skin and eyes from the sun

- 1 Time of Day:** If you can, adjust work schedules to limit time in the sun when the UV Index is 3 or higher, usually between 11 a.m. to 3 p.m.
- 2 Shade:** Work in the shade if possible, or make shade with a temporary shade structure.
- 3 Cover Up:** Wear clothes that cover as much skin as possible or UV-protective clothing. Wear a wide brimmed hat. Attach a back flap to a construction helmet or baseball cap to cover the back of the neck and ears, and a visor to shade the face.
- 4 Sunscreen:** Apply plenty of sunscreen with SPF 30 or more, labelled 'broad spectrum' and 'water resistant'. Reapply when needed (especially after swimming, sweating, or towelling). Use a sunscreen lip balm.
- 5 Sunglasses:** Wear UV protective sunglasses, eyeglasses or safety glasses, any time of day, all year round. Choose sunglasses that are close fitting/wrap-around style with UV 400 or 100% UV protection.

### Things to avoid

- Getting a tan or a sunburn.
- Exposing yourself to UV rays to meet vitamin D needs. Use food or supplements instead.





# Sun Safety

## Sun Tanning / Indoor Tanning

### Did you know?

- Ultraviolet (UV) rays from the sun and indoor tanning devices are carcinogenic (cancer causing).
  - It is illegal for people under 18 to use tanning beds in Ontario.
  - Young people are more vulnerable to the harmful effects of UV rays.
  - Using indoor tanning devices before age 35 increases the risk of melanoma by 75%.
- Melanoma is the most dangerous type of skin cancer.**

### Exposure to UV rays can lead to:

- Wrinkles
- Skin damage
- Premature skin aging
- Retinal burns
- Cataracts
- Eye lesions

**ONE** indoor tanning session can **INCREASE** the **RISK** of **SKIN CANCER.**

## Protect your skin and eyes from the sun

- 1 Time of Day:** If you can, limit time in the sun when the UV Index is 3 or higher, usually between 11 a.m. to 3 p.m.
- 2 Shade:** Seek shade or make shade by using an umbrella, a UV protective tent or pop-up shade shelter.
- 3 Cover Up:** Wear clothes that cover as much skin as possible or UV-protective clothing. Wear a wide brimmed hat or baseball cap with flaps that cover the head, neck and ears.
- 4 Sunscreen:** Apply plenty of sunscreen with SPF 30 or more, labelled 'broad spectrum' and 'water resistant'. Reapply when needed (especially after swimming, sweating, or towelling). Use a sunscreen lip balm.
- 5 Sunglasses:** Wear close fitting/wrap-around style with UV 400 or 100% UV protection.

### Things to avoid

- Getting a tan or a sunburn.
- Exposing yourself to UV rays to meet vitamin D needs. Use food or supplements instead.





# Sun Safety

## Winter

### Did you know?

- Fresh white snow reflects up to 88% of the sun's UV rays, almost doubling a person's UV exposure.
- UV rays are stronger at higher altitudes (e.g., when mountain skiing or snowboarding).
- Travelling this winter? Getting a "base tan" before vacation does not protect you from sun damage.

### Exposure to UV rays can lead to:

- Skin cancer
- Wrinkles
- Sunburns
- Snow blindness
- Cataracts

**SUNBURNS** and short periods of intense **UV EXPOSURE** (e.g., during winter vacation in **SUN DESTINATIONS**) are linked to **SKIN CANCER**.

Enjoy the sun safely. Protect your skin and eyes.

### TRAVEL TIPS for Sun Destinations:

**Check the Local UV Report:** If you can, limit time in the sun when the UV Index is 3 or higher. But if you are outside, use sun protection.

**Shade:** Seek shade or make shade by using an umbrella, a UV protective tent or pop-up shelter.

**Cover Up:** Wear comfortable clothes that cover as much skin as possible (even when swimming) or UV-protective clothing. Wear a wide brimmed hat that covers the head, neck, and ears.

**Sunscreen:** Apply plenty of sunscreen with SPF 30 or more, labelled 'broad spectrum' and 'water resistant.' Reapply when needed (especially after swimming, sweating, or towelling). Use a sunscreen lip balm.

**Sunglasses:** Wear close fitting/wrap-around sunglasses with UV 400 or 100% UV protection.

### WINTER TIPS for Cold and Snow:

**Eye Protection:** Wear close fitting/wrap-around sunglasses or goggles with UV 400 or 100% UV protection. Protecting your eyes is important any time of day, all year round.

**Cover Up:** Wear a hat. It will keep you warm and protect your head. Consider wearing a mask (e.g., balaclava) to protect your face from the sun and wind.

**Sunscreen:** Apply plenty of sunscreen with SPF 30 or more, labelled 'broad spectrum' and 'water resistant' on skin not covered by clothes (e.g., face). Use a sunscreen lip balm.

