

# SUN SAFETY TIPS

In small doses, sunlight allows the body to produce Vitamin D, a nutrient that helps build stronger bones. But too much sun can cause skin cancer, the most common form of cancer.

Sunlight contains ultraviolet (UV) radiation, which causes premature aging of the skin, wrinkles, cataracts and skin cancer. People who burn easily or who spend a great deal of time in the sun are most at risk.

It's important to protect yourself from UV rays, particularly during the most intense times of day, between 10 a.m. and 4 p.m.

## RECOMMENDATIONS FROM THE AMERICAN ACADEMY OF DERMATOLOGY

- Wear wide brim hats
- Wear UV protected sunglasses
- Wear protective clothing
- Seek shade when you can
- Use sunscreen with an SPF (sun protective factor) of at least 15
- Replace sunscreen every two hours

# S Seasons in the Sun

Sources:  
Occupational Safety and Health Administration,  
Centers for Disease Control, Canadian Centre  
for Occupational Health and Safety

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