

OUTDOOR WORKERS: *Be Sun Safe*



• Use sunscreen and lip balm with SPF 30 or higher

• Wear clothing to cover arms and legs

Wear a wide-brimmed hat or neck protector

Wear sunglasses with 100% UV protection

Review Canada's UV Index daily and take precautions when the UV Index is 3 or higher

Seek shade at every opportunity

Check your skin monthly for any unusual changes or growths

Drink fluids to reduce your risk for heat stroke and heat exhaustion

For more information, please contact York Region *Health Connection* at **1-800-361-5653**

