

OUTDOOR WORKERS: *Be Sun Safe*



Use sunscreen and lip balm
with SPF 30 or higher

Wear clothing that covers 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

Drink fluids to avoid dehydration

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

