



# SAFETY TALK

## Sun protection

Heavy construction workers are often exposed to the sun for long periods of time. It is important to control this exposure whether it is direct or indirect in spring and summer particularly.

### What's the danger?

**Long-term sun exposure and ultra-violet (UV) rays can cause:**

- Sunburn
- Long term eye damage (such as cataracts)
- Skin damage
- Skin cancer
- Premature skin aging

In addition, working with photo sensitizing substances can cause further harm if exposed to sunlight (such as coal tar).

### Protect yourself

- Wear light colored, loose clothing that covers your skin.
- Use and reapply sunscreen frequently. Be sure to use sunscreen with appropriate SPF rating that is waterproof if necessary.
- Avoid working in high sun exposure areas if possible.
- Wear UV protective safety or sunglasses and lip balm.
- Be aware of working in or near light reflective surfaces such as sand, water, concrete, that can cause indirect UV exposure.
- Keep updated on UV index and know what protections are needed at each level.
- For further information on UV exposure ratings and protections reference Table 3 in the following link: [http://www.ccohs.ca/oshanswers/phys\\_agents/ultra\\_violetradiation.html](http://www.ccohs.ca/oshanswers/phys_agents/ultra_violetradiation.html).

Print and review this talk with your staff, sign off and file for COR™ / SECOR audit purposes.

Date: \_\_\_\_\_

Performed by: \_\_\_\_\_

Concerns:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Employee Name:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Supervisor: \_\_\_\_\_

Location: \_\_\_\_\_

Corrective Actions:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Employee Signature:

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