OVER ▶

SUN SAFETY

PROTECT YOURSELF 5 WAYS

SLIP
on a Cover up

SLOP
on some Sunscreen

SLAP
on a Hat

SEEK
some Shade

SLIDE
on Sunglasses

BC **Forest Safety**
Safety is **good** business

BC FOREST SAFETY COUNCIL | 8C-2220 BOWEN RD, NANAIMO, BC V9S 1H9| T: 1.877.741.1060 | BCFORESTSAFE.ORG

SUN SAFETY
PROTECT YOURSELF 5 WAYS

SUMMER IS HERE! WHO DOESN'T WANT TO BE OUTSIDE, SUNBATHING, SWIMMING, PLAYING CATCH ON THE BEACH OR JUST BARBEQUING IN THE BACKYARD?

WHILE SUMMER MEANS FUN IN THE SUN, MAKE SURE YOU'RE NOT GETTING TOO MUCH OF A GOOD THING. AVOID CONSEQUENCES OF OVEREXPOSURE TO THE SUN LIKE SUNBURNS, PREMATURE AGING OF THE SKIN, WRINKLING, AND SKIN CANCER, INCLUDING MELANOMA BY PRACTICING PROPER SUN PROTECTION

THE HOURS BETWEEN 10AM AND 4PM ARE THE MOST HAZARDOUS FOR UV EXPOSURE.

SLIP on a Cover up

- Wear clothing to protect exposed skin
- Darker colors may offer more protection than lighter colors

SLOP on some Sunscreen

- Use sunscreen with sun protective factor (SPF) 15 or higher, and both UVA and UVB protection
- Sunscreen wears off- reapply at least every 2 hrs or more as you sweat
- Make sure you check the sunscreen's expiration date

SLAP on a Hat

- Wear a hat with a wide brim to shade the face, head, ears, and neck. If you wear a baseball cap, make sure you protect your ears and the back of your neck with sunscreen

SEEK some Shade

- Seek shade, especially during midday hours
- Reduce your risk of skin damage and skin cancer by finding shade under an umbrella, tree, or other shelter before you need relief from the sun

SLIDE on Sunglasses

- Sunglasses protect your eyes from UV rays and reduce the risk of cataracts
- Wear sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible

Scan the QR code with your phone's camera to access all BCFSC Crew Talks and to subscribe.