

# 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

# 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?

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**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

