



# SAFETY TALK

## Sun protection

When you work in the sun you need to minimize the hazards of UV exposure.

### What's the danger?

Today there is less protective ozone in the atmosphere. Risks of ultraviolet radiation exposure have increased.

UV rays cause the following:

- Sunburn
- Cataracts and other eye damage
- Premature skin aging

### How to protect yourself

- Cover up
- Protect exposed skin with sunscreen – use SPF 30 or higher
- Protect your eyes – most safety glasses, clear or tinted, decrease your UV exposure
- Use a UV-blocking lip balm

### Did you know?

Weather reports now include a UV index. This gives you an idea of how intense the ultraviolet radiations will be under clear sunshine or light cloud.

When the index is 7 or higher, you can get sunburned in 15 to 20 minutes.

The highest exposure of the day is from 10 am to 4 pm.

Exposure Category	UV Index
LOW	0 - 2
MODERATE	3 - 5
HIGH	6 - 7
VERY HIGH	8 - 10
EXTREME	11 +

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

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

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

Concerns:

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\_\_\_\_\_

\_\_\_\_\_

Employee Name:

\_\_\_\_\_

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

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

Corrective Actions:

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Employee Signature:

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