

How to Protect Yourself from the Sun

SUNSCREEN



- Wear sunscreen with SPF 30 or higher
- Apply sunscreen liberally (minimum of 1 ounces) approximately 30 minutes before sun exposure, and reapply it at least every two hours throughout the day
- Apply sunscreen approximately 30 minutes prior to applying any insect repellent
- Best applied prior to sweating

CLOTHING

- Use wide-brimmed hats to protect your eyes, head, and neck when authorized
- Wear light-colored, loose fitting clothing to cover your arms, legs, and torso when authorized
- Clothes made from tightly woven fabric provide the best protection



SHADE

- Work and rest in the shade when possible, constructing shaded areas if necessary
- Short shadow = seek shade! The sun's rays are strongest between 10 a.m. and 4 p.m. hours
- This doesn't mean that there is no risk outside of these time periods; sun risk can still be present in the early morning and later afternoon hours

EYEWEAR

- Wear sunglasses that block 99-100% of harmful UVA and UVB rays
- Use wraparound design eyewear if possible to protect against sun rays that come from the front and the side

