

Top Tips for Sun Safety

Cover Up:

Where full PPE is not required, wear lightweight, long-sleeved clothing and a wide-brimmed hat or a hard hat with a neck flap.

Use Sunglasses/shaded safety glasses:

Choose sunglasses that block 100% of UV rays to protect your eyes from long-term damage.

Apply Sunscreen:

Use a broad-spectrum sunscreen with SPF 30 or higher. Apply it generously 20 minutes before going outside, and reapply every 2 hours – or more often if you're sweating.

Stay Hydrated:

Drink water regularly throughout the day, even if you don't feel thirsty. Dehydration increases your risk of heat stress.

Seek Shade:

When possible, take breaks in shaded or covered areas, especially during peak sun hours between 11am and 3pm.

Know the Signs:

Be alert to signs of heat exhaustion – such as dizziness, headache, nausea, or confusion – and act quickly by moving to shade, drinking water, and resting.

