

Protect yourself from the sun

Skin cancer is the most common cancer in Canada and is preventable.

Wear hats that provide shade to the face, ears, and neck. A brim or neck flap can be attached to hats or hardhats for additional protection.

Wear safety glasses, sunglasses, or prescription eyeglasses with UV-protective lenses.

Wear light-weight clothing that fully covers the arms and legs when you can.

Use sunscreen with a sun protection factor (SPF) of at least 30. Apply sunscreen generously and re-apply frequently.



The sun's rays are harmful all year round, especially from 11am to 3pm between April to September in Canada. Even when it's cloudy, ultraviolet radiation (UVR) can be harmful.

Scan the QR code for more sun safety resources.



Seek shade

Construction workers are at risk of heat illness, including heat exhaustion, heat cramps, and heat stroke. Heat illnesses are serious and can even be fatal.



Seek shade when you can. Make use of any tents, tarps, umbrellas, or canopies that are available. Take breaks in the shade.

Know the signs of heat illness. These include headache, weakness, dizziness, confusion, and elevated body temperature.

Make sure to stay hydrated with fresh, cool water, especially on hot days.

The sun's rays are harmful all year round, especially from 11am to 3pm between April to September in Canada. Try to do outdoor and physically demanding work during the coolest parts of the workday if you can.



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