

# Sun Protection

Supervisor  
Crew  
Talk

*Even a few serious sunburns can increase your risk of getting skin cancer, it's important to protect yourself outside, even during the winter or when it's cloudy.*

## Sunscreen

There are many different types of sunscreen, but it's important to pick one that advertises broad spectrum coverage, as it'll protect you from UVA and UVB rays. If you're outside for more than a few minutes at a time, a minimum of SPF 30 is recommended.

Remember to apply sunscreen half an hour before you go outside, and then every two hours (or earlier, if you're sweating or swimming).



## Clothing

Long sleeved shirts and pants made of a ~~tight~~ or UV protective fabric are the best for sun protection, but they're not always practical. If it's too hot for full coverage clothing, try to stay in the shade as much as possible and wear sunscreen.



## Hats

The scalp, face, neck, and ears, are all susceptible to sun damage, so hats can be great protection. Baseball caps work, but sunscreen should be applied to areas the hat doesn't protect, like the ears and neck.



## Sunglasses

UV rays can damage your eyes and cause cataracts and eye cancers. Sunglasses with UVA and UVB blocking lenses are an easy way to protect them. Many sunglasses are labelled with their level of UV protection, and the higher it is, the safer your eyes will be.

