

Sunscreen Safety



Skin needs to be protected year round even on cloudy days and in the winter

To apply sunscreen:

Follow all instructions on your sunscreen label.



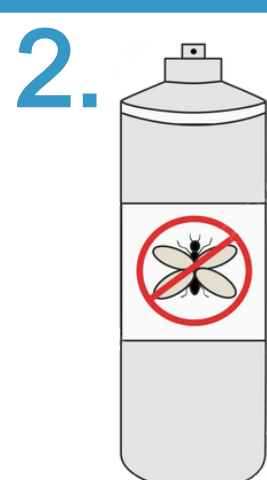
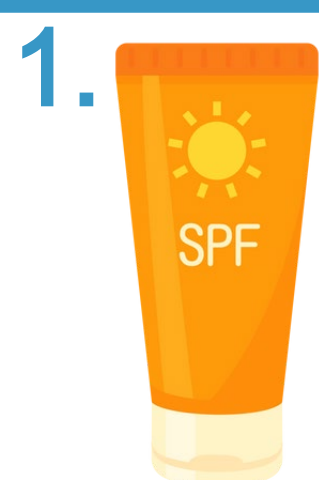
Use a broad-spectrum sunscreen with a Sun Protection Factor (SPF) of 30 or higher

Apply sunscreen around 30 minutes before you go outside, and reapply at least every 2 hours. If you're swimming, sweating, or toweling off, apply it more frequently.



Remember to protect your lips! Use lip balms with SPF.

If you use a "water resistant" or "sport" sunscreen, you still need to re-apply it after you get out of the water or after sweating heavily.



Insect repellent and sunscreen can safely be used together, just apply the sunscreen first.

Check the sunscreen's expiry date before applying!



The sun's UV rays are strongest between 11 am and 3 pm.

Sunscreens are not meant to increase the amount of time you can spend in the sun without burning, just to provide protection while you're in the sun. If you put on SPF 50, you shouldn't wait longer to reapply than if you put on SPF 30.

"Safety is a core value and business priority"



West Fraser