Safety in the Sun
Staying Cool, Covered and Careful

Protect yourself from sun exposure.
Wear protective clothing, such as hats, UV ray sunglasses and loose-fitting, tightly woven clothing that covers your arms and legs. Beware of the strong, skin-searing midday sun from 10:00 in the morning to 4:00 in the afternoon.

Don’t leave home without sunscreen protection.
Use a sunscreen and lip balm with sun protection factors (SPF) of 30 or higher. Apply evenly to all the skin that will be exposed to the sun, including the nose, ears, neck, scalp and lips.

Check your medicine cabinet.
Speak with your doctor or pharmacist and learn about any medicines you take that may increase your sensitivity to sun.

Commit to wearing a hat.
Choose a hat that provides the best coverage of your face, temple, ear and neck areas. It’s not always your favorite baseball cap.

Don’t forget your eyes.
Always wear sunglasses with a high UV rating (100 is the best rating) to protect your eyes while working outdoors.

Beware of dashboard glare.
Keep paperwork off your dashboard to avoid dangerous glare when hit by the sun’s direct rays.

Keep your cool.
When working outside, stay as cool as possible—find a cool place to rest or take breaks.

Drink up and drink often.
Don’t depend on thirst to signal when and how much to drink. Keep your body well-hydrated with plenty of liquids all day long—drink about 6 to 8 ounces of water, sports drinks and other caffeine-free beverages every 15 to 20 minutes.

Pass it on to everyone everyday.
Get everyone involved in practicing everyday sun protection and pester your family members and co-workers until they become sun safe.