AT WORK & PLAY

• Skin cancer is the most common cancer in Canada

• Burns and skin damage can happen fast and stay with you for life

• The higher the ultraviolet (UV) index number, the stronger the sun’s rays

• Sun reflects off sand, snow and pavement and can double UV strength

• Drink plenty of water to stay hydrated

• Outdoor workers are more exposed to sun than indoor workers

• Workers operating a vehicle or heavy equipment are also exposed to harmful UV rays which can come through glass and should take the same precautions as outdoor workers

• Seek shade under a tree or create your own

Take the shadow test:

• Small shadow = more UV = more protection needed

• Large shadow = less UV = less protection needed

Check the UV index daily at:

bit.ly/tbay_uvindex

No Tan is a Healthy Tan

Thunder Bay District Health Unit
999 Balmoral St. Thunder Bay P7B 6E7
(807) 625-5900 | TF: 1-888-294-6630
TBDHU.COM
<table>
<thead>
<tr>
<th>UV INDEX</th>
<th>Low (1-2)</th>
<th>Medium (3-5)</th>
<th>High (6-7)</th>
<th>Very High (8-10)</th>
<th>Extreme (11+)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-2</td>
<td>Sunglasses (bright days)</td>
<td>Sunglasses</td>
<td>Sunglasses</td>
<td>Sunglasses</td>
<td>Rare in Canada</td>
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<tr>
<td></td>
<td>Cover-up (&gt;1 hour)</td>
<td>Cover-up &amp; hat</td>
<td>Cover-up &amp; hat</td>
<td>Cover-up &amp; hat</td>
<td>Same tips as very high zone</td>
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<tr>
<td></td>
<td>Sunscreen SPF 30+ (&gt;1 hour)</td>
<td>Sunscreen SPF 30+</td>
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<td>Sunscreen SPF 30+</td>
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<tr>
<td></td>
<td>Seek shade (midday)</td>
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<td></td>
<td></td>
<td></td>
<td>Limit sun from 11 am - 5 pm</td>
<td>Limit sun from 11 am - 5 pm</td>
<td>Avoid sun from 11 am - 5 pm</td>
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</table>