

Hard hat, boots *and* sunscreen?

OTTAWA, ON –Until recently, the idea of sun protection being part of health and safety tools for outdoor workers wasn't something employers or employees thought about much.

With the incidence of both melanoma and nonmelanoma skin cancers on the rise, the Canadian Dermatology Association (CDA) would like to remind those who work outdoors any time of year to take cover and take charge of their health with proper sun protection.

An estimated 90% of skin cancers in Canada are directly attributable to ultraviolet (UV) radiation exposure, making this cancer largely preventable.

It's even more urgent for outdoor workers, such as lifeguards, construction workers, landscapers and postal workers to take sun safety seriously. "Working outdoors puts many at high risk for skin cancer because they are regularly exposed to the sun for long periods of time, and often during peak hours when the sun is strongest, between 11 noon and 3 pm," says Dr. Jennifer Beecker, National Chair, Sun Awareness Working Group.

Since 1989, the CDA has been educating Canadians about sun safety measures for outdoor workers and arming them with educational material to guide their workplace health and safety policies to include UV protection. But workers themselves should be educated about what they can do at work to help protect themselves too.

6 tips for outdoor workers

Depending on the job, it may be easier or more difficult to practice full sun safety, but by taking simple precautions it's possible to help prevent skin cancer:

1. **Cover up.** Wear loose clothing, long sleeves and pants.
2. **Protect your eyes.** Use protective eyewear.
3. **Cover your head, neck and ears.** Wear a wide brimmed hat or hard hat with a brim and use a neck flap.
4. **Take your break in the shade.** Get out of the sun when you can, especially between 11 and 3, when ultraviolet (UV) radiation is strongest.
5. **Use sunscreen and lip balm.** Use at least an SPF30, broad-spectrum, water-resistant sunscreen—and use generously!
6. **Be skin safe.** Report changes in skin spots or moles to your doctor as soon as possible – early detection is important.

For more sun safety tips for outdoor workers, visit <https://sunsafetyatwork.ca/solar-uv-radiation>

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Sun Awareness Week

The Canadian Dermatology Association has organized the nation-wide early summer Sun Awareness Week since 1989. The aim is to educate Canadians about the dangers of too much sun and to help stop the rising incidence of skin cancer in Canada. This year's Sun Awareness Week is Monday, June 5 to Sunday, June 11, and involves a number of events and activities across Canada.

About the CDA

The Canadian Dermatology Association, founded in 1925, represents Canadian dermatologists. The association provides easy access to the largest, most reliable source of medical knowledge on dermatology. CDA exists to advance the science and art of medicine and surgery related to the care of the skin, hair and nails; provide continuing professional development for its members; support and advance patient care; provide public education on sun protection and other aspects of skin health; and promote a lifetime of healthier skin, hair and nails. By doing so, CDA informs and empowers both medical professionals and the Canadian public. To learn more about what the work CDA does visit <http://www.dermatology.ca> or join the conversation on <http://www.Twitter.com/CdnDermatology> or www.Facebook.com/CdnDermatology.

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