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Safe Work Practice

Name of Job: Work in The Sun	Development Date: February 2nd , 2011	Developed By: CSNS
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Possible Hazards Present

Sun stroke	Dehydration	Sun burn	General fatigue
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Personal Protective Equipment (PPE) and Devices Recommended

Long sleeves	Sunscreen	Hand protection	Foot Protection
Eye protection	Head Protection	Sunscreen	

What are some general safe work practices?

- **DO** keep track of UV warnings
- **DO** Wear long sleeved loose fitting clothing to ensure no exposed skin
- **DO** apply sunscreen with a minimum SPF 15, liberally to all exposed skin at least 15 minutes before sun exposure (General rule of thumb, reapply sunscreen at a 1:1 ratio SPF 30, reapply every 30 minutes etc.)
- **DO** Wear proper sunglasses that allow less than 1% UVB radiation
- **DO** drink plenty of water (not alcohol)
- **DO** ensure that if a sun burn occurs, that it is covered as to not get burned further
- **DO** Seek shelter from the sun if and when possible

Please note: This document is for information purposes only as a guide. The safe job procedures (SJP) and safe work practices (SWP) created for your workplace should reflect your organizations processes, equipment and hazards as identified by a hazard analysis. Construction Safety Nova Scotia does not assume responsibility for the use of information in this document. If assistance is needed to complete a SWP and SJP for your organization please contact CSNS member services at constructionsafetyns.ca or 1.800.971.3888.