

HOW TO PROTECT YOURSELF FROM THE SUN

SUN PROTECTION

SHADE



- ◆ When possible, spend rest periods in natural or artificial shelter
- ◆ Short shadow = seek shade!

CLOTHING



- ◆ Use wide-brimmed hats to protect your eyes, head and neck
- ◆ Cover your arms, legs and torso with loose-fitting clothing

HOW TO PROTECT YOURSELF FROM THE SUN

SUNSCREEN



- ◆ Use high-SPF sunscreens
- ◆ Apply sunscreen liberally, the more, the better
- ◆ Reapply sunscreen every two hours

EYE WEAR



- ◆ Use wrap around design eye wear if possible
- ◆ These will protect against sun rays that come from the front and side

TA-012-0403

