

# Essential Sun Safety Tips

**Wear Protective Clothing** – Opt for long-sleeved shirts and long pants made from lightweight, breathable fabrics to protect your skin without causing overheating.

**Choose** wide-brimmed hats to shield your face, neck, and ears from direct sunlight.

**Use Suncream Regularly** – Apply a broad-spectrum sunscreen with at least SPF 30 to all exposed skin areas. Don't forget often-missed spots like the back of your neck, ears, and the tops of your feet.

## Stay Hydrated

**Take Breaks in the Shade** – Schedule regular breaks in shaded or air-conditioned areas to give your body a chance to cool down.

**Protect Your Eyes** – Wear sunglasses that block 100% of UV rays to protect your eyes from long-term damage. Consider safety glasses with UV protection if your tasks require eye protection from debris as well.

**Be Aware of Heat Stress Symptoms Know the signs of** heat-related illnesses: dizziness, nausea, headache, excessive sweating, and confusion.

