



Assessing Sun UV Exposure

Exposure to ultraviolet (UV) radiation from the sun can lead to harmful skin changes including sunburn, premature aging, eye damage and skin cancer. Individuals working outdoors should practice sun safety on a daily basis. There are strategies to reduce UV radiation exposure which can include protective clothing, hat, sunglasses and the application of sunscreen. Here are three steps to assess UV radiation exposure in your workplace. For more information, see the [Sun UV Exposure Program](#).

1. Check your local weather

Use a website or app such as Environment Canada to determine the UV Index for the day.

2. Communicate with your staff

Discuss UV risks at your morning meeting/toolbox talk and implement the controls as outlined below.

3. UV Index and Controlling UV

Implement daily controls as per Table 1 below.



Table 1: UV Index and Recommended Hazard Controls

UV Index	Exposure Risk	Controls
0-2	Low	Minimal sun protection required If outside >1 hour can wear sunglasses and sunscreen
3-5	Moderate	Take precautions: wear a hat, sunglasses and sunscreen if outside for >30 minutes Try to work in shaded areas during midday (10 AM and 4 PM)
6-7	High	Protection is required as UV radiation can damage skin Reduce work time between 10 AM and 4 PM and ensure full precautions
8-10	Very high	Take extra precautions as unprotected skin can damage easily Minimize work time between 10 AM and 4 PM and ensure full precautions for any amount of time in the sun. Consider rotating work schedules
11+	Extreme	Values >11 are rare in Canada Unprotected skin can damage in minutes Avoid working between 10 AM and 4 PM

Adapted from the [Canadian Centre for Occupational Health and Safety](#)