SUN PROTECTION™

OCCUPATIONAL & CLINICAL SUN SAFETY

FOR EVERY OUTDOOR WORKER

Your skin. Your eyes. Your shift.

UV from the sun harms every skin tone. Darker skin burns less easily, but UV still damages skin and eyes over the years and adds to heat strain. Five habits protect you.

Seek shade
Breaks out of the sun

Slip on a shirt
Long sleeves, collar

Slap on a hat
Brim or neck flap

Slop on SPF 50
Reapply every 2 h

Slide on sunglasses
UV safety glasses

Drink water
Heat and UV go together

HOW TO USE

Apply it right

1

15 minutes before

Apply before you go outside.

2

A teaspoon per area

Face, ears and neck; each arm; legs if exposed.

3

Every 2 hours

And after sweating or towel-drying.

Check your skin

Once a month, look for a spot that is new, growing, changing colour or shape, bleeding or not healing, including on palms, soles and under nails. If you see one, tell your supervisor or visit the clinic. Most skin problems are easier to treat when found early.

Heat warning signs

- Headache, dizziness, nausea or cramps: stop, move to shade, drink water and tell your supervisor.
- Confusion, collapse or hot dry skin is an emergency. Call for help at once.

Warnings

For external use only. Avoid contact with eyes; if contact occurs, rinse well with water. Stop use if irritation occurs. Keep out of reach of children.

Scan for the full guide
Directions, ingredients and batch check.
sp.healthbrands.co.za/use

Educational information only. It does not replace advice from a health professional.

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