SUN PROTECTION™

OCCUPATIONAL & CLINICAL SUN SAFETY

WORKPLACE SUN SAFETY

Five steps. Every shift.

South African midday UV regularly reaches the extreme band in summer. Every skin tone needs protection, every day you work outside.

STEP 1

Seek shade

Use shade for breaks and, where you can, for tasks between 10:00 and 15:00. Move portable shade with the crew.

STEP 2

Slip on a shirt

Long sleeves and a collar in a light, closely woven fabric. Cover up even when it is hot.

STEP 3

Slap on a hat

A broad brim, or a hard-hat brim with a neck flap. Shade your face, ears and neck.

STEP 4

Slop on SPF 50

Apply 15 minutes before you go out. Face, ears, neck and arms. Reapply every 2 hours and after sweating or towel-drying.

STEP 5

Slide on sunglasses

Wrap-around safety glasses with UV protection. UV harms eyes on every skin tone.

SUN PROTECTION™

082 868 7762 · info@healthbrands.co.za
sp.healthbrands.co.za

Scan for the full how-to-use guide
sp.healthbrands.co.za/use