SUN PROTECTION™

OCCUPATIONAL & CLINICAL SUN SAFETY

MORNING BRIEFING

Know today's UV.

Check the UV Index for your site at the start of every shift and act on the band. On clear summer days South African midday UV is often 11 or higher.

1–2	**Low**	Low risk for most. Sunglasses on bright days.
3–5	**Moderate**	Shirt, hat, SPF 50 and shade at midday.
6–7	**High**	All five steps. Reapply every 2 hours.
8–10	**Very high**	All five steps. Shade for breaks. Rotate tasks.
11+	**Extreme**	Move heavy outdoor work outside 10:00 to 15:00 where you can. All five steps, no exceptions.

UV Index bands follow the WHO Global Solar UV Index. Use the South African Weather Service forecast for your area. UV still reaches you on cloudy days and is reflected by concrete, water, sand and asphalt.

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Employer framework, policy and toolbox talk
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