SUN PROTECTION™
OCCUPATIONAL & CLINICAL SUN SAFETY

TOOLBOX TALK · 10 MINUTES

UV, heat and your skin

Why it matters

Our work puts us in strong sun. UV damages skin and eyes on every skin tone, and the damage adds up over years. Heat and UV come together, so we protect against both.

Five steps

Seek shade for breaks. Slip on long sleeves. Slap on a hat or brim with neck flap. Slop on SPF 50 at the station. Slide on UV safety glasses.

Sunscreen done right

Apply 15 minutes before going out. A teaspoon each for face, ears and neck, and each arm. Reapply at 10:00, 12:00 and 14:00, and after sweating.

Heat signs

Headache, dizziness, cramps or nausea: stop, shade, water, tell the supervisor. Confusion or collapse is an emergency.

Check your skin

A spot that is new, changing, bleeding or not healing: tell your supervisor or visit the clinic.

Ask the crew

1. Where is our nearest shade at the work point today?
2. What is today's UV Index, and what does that band mean for us?
3. When are our reapply calls?
4. Where is the Sun Station, and is it full?
5. What do you do if a crew member feels dizzy in the heat?

Supervisor notes

Site, date and today's UV Index:

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

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Attendance register

Name	Employee or ID number	Signature

Presented by: _____ Date: _____ Language used: _____

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