SUN PROTECT™
OCCUPATIONAL & CLINICAL SUN SAFETY

UV INDEX WALL CHART

Today's UV. Today's controls.

Check the UV Index forecast for your site every morning, write it in the box and brief the crew on the band. On clear summer days, midday UV across South Africa regularly reaches the extreme band.

1-2	**Low**	Low risk for most people. 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 out of the sun.
11+	**Extreme**	Move heavy outdoor work outside 10:00 to 15:00 where you can. All five steps, no exceptions.

TODAY

Date

Max UV Index

Briefed by

REAPPLY SPF 50

10:00
12:00
14:00

and after sweating heavily or towel-drying.

shade · shirt · hat · SPF 50 · sunglasses

Bands follow the Global Solar UV Index (WHO, 2002). UV still reaches you on cloudy days and is reflected by concrete, water, sand and metal. Sunscreen is one control: shade, scheduling and clothing come first.

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Scan for directions, reapply times and the batch check
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