

Talk Led By: _____

Date: _____

Site/Location: _____

Time: _____

Weather Report/Conditions:

_____	High: _____ °C	Wind Speed: _____ km/hr
_____	Low: _____ °C	Wind Gusts: _____ km/hr

Sun Safety Tips

Working in agriculture can put you at higher risk for skin cancer and heat-related illnesses. Taking preventative measures is essential to having a safe and productive working environment. Before going out to work, use this checklist to determine how protected the people on your farm are from the sun and if there are additional measures that should be taken.

Yes

No

- | | | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Is the clothing worn lightweight, loose, tightly woven (not sheer) and light coloured (i.e., beige, white, khaki)? |
| <input type="checkbox"/> | <input type="checkbox"/> | Does the clothing worn have long sleeves and pantlegs? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are hats being worn? If so, do they have wide brims and/or a neck drape/protection? |
| <input type="checkbox"/> | <input type="checkbox"/> | Is any medication being taken or a medical condition (i.e., pregnancy) that may increase the risk of sun or heat exposure? |
| <input type="checkbox"/> | <input type="checkbox"/> | Is a broad-spectrum SPF 30-50 sunscreen being used and applied often (i.e., every 2 hours if sweating)? |
| <input type="checkbox"/> | <input type="checkbox"/> | Is protective eyewear appropriate (i.e., UV absorbent tinted safety glasses)? |
| <input type="checkbox"/> | <input type="checkbox"/> | Does the work planning reflect the hot working conditions (i.e., more workers scheduled or a decreased pace of work)? |
| <input type="checkbox"/> | <input type="checkbox"/> | Does the work planning avoid anyone working alone and/or address working alone measures and safe practices? |
| <input type="checkbox"/> | <input type="checkbox"/> | Is work being scheduled to minimize the time spend in direct sunlight and to avoid peak hours? |
| <input type="checkbox"/> | <input type="checkbox"/> | Is there enough water readily available for each person working? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are adequate breaks being taken to help prevent heat stress (i.e., increased frequency and length of breaks)? |
| <input type="checkbox"/> | <input type="checkbox"/> | Is there a shaded or cooled area where regular breaks can be taken? |
| <input type="checkbox"/> | <input type="checkbox"/> | Does everyone understand the measures they can take to prevent heat stress? |
| <input type="checkbox"/> | <input type="checkbox"/> | Is someone trained in first aid at the work location? |
| <input type="checkbox"/> | <input type="checkbox"/> | Has everyone been trained on and watching for any signs or symptoms of heat stress in themselves or someone else? |
| <input type="checkbox"/> | <input type="checkbox"/> | Is there an emergency response plan in place to deal with a heat-related illness? |
| <input type="checkbox"/> | <input type="checkbox"/> | Does everyone know their role in the emergency response plan? |



Sun Safety & Cancer¹

- 90% of skin cancers are caused by UV rays
- Previous sunburns increase the risk of melanoma

Additional Topics/Discussion:

Might include task/job details, hazards and hazard controls, worksite specific emergency response, etc.

Attendance:

Print Name	Position/Trade/Company	Sign Name
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

Source: 'Canadian Skin Cancer Foundation. (Unknown). Skin Cancer. [www.canadianskincancerfoundation.com](https://www.canadianskincancerfoundation.com/skin-cancer/#:~:text=Over%2080%2C000%20cases%20of%20skin%20deadliest%20form%20of%20skin%20cancer.&text=Canadians%20born%20in%20the%201990s,1960s%20(1%20in%2020)). Accessed June 16, 2022 from [https://www.canadianskincancerfoundation.com/skin-cancer/#:~:text=Over%2080%2C000%20cases%20of%20skin%20deadliest%20form%20of%20skin%20cancer.&text=Canadians%20born%20in%20the%201990s,1960s%20\(1%20in%2020\)](https://www.canadianskincancerfoundation.com/skin-cancer/#:~:text=Over%2080%2C000%20cases%20of%20skin%20deadliest%20form%20of%20skin%20cancer.&text=Canadians%20born%20in%20the%201990s,1960s%20(1%20in%2020))