

Talk Led By: _____

Date: _____

Site/Location: _____

Time: _____

Weather Report/Conditions:

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

Using The UV Index Scale¹ & The Shadow Rule

Sunlight is essential to good health, however, overexposure to UV (ultraviolet) rays can cause sunburn, cataracts, skin damage and skin cancers. You are more at risk of UV damage:

- During spring and summer.
- During the middle of the day.
- If you are out on fresh snow (it reflects the sun's rays and can double the amount of UV exposure).
- If you sit in front of a window all day (UV-B is filtered out, but not UV-A).

Checking the UV Index Scale while you are already checking the weather report and applying the recommended measures can help prevent adverse health effects.

| | | |
|--------|-----------|---|
| 0 - 2 | Low | No protection or minimal sun protection needed. |
| 3 - 5 | Moderate | Protection needed. Seek shade during late morning through mid-afternoon. Wear protective clothing, a wide-brimmed hat, and sunglasses. Apply sunscreen to exposed skin. |
| 6 - 7 | High | Extra protection needed. Use caution during late morning through mid-afternoon or minimize work during this time if possible. Find shade, wear protective clothing, a wide-brimmed hat, and sunglasses, and apply a broad-spectrum sunscreen on exposed skin. |
| 8 - 10 | Very High | Extra protection needed. Use caution during late morning through mid-afternoon or minimize work during this time if possible. Find shade, wear protective clothing, a wide-brimmed hat, and sunglasses, and apply a broad-spectrum sunscreen on exposed skin. |
| 11+ | Extreme | Extra protection needed. Use caution during late morning through mid-afternoon or minimize work during this time if possible. Find shade, wear protective clothing, a wide-brimmed hat, and sunglasses, and apply a broad-spectrum sunscreen on exposed skin. |

The Shadow Rule²

If your shadow is taller than you are, your UV exposure is likely to be lower.

If your shadow is shorter than you are, your UV exposure is high and protective measures need to be taken.

 The smaller your shadow, the greater the risk!



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: ¹Government of Canada. (November 2021). *UV Index and Sun Safety*. www.canada.ca. Accessed June 20, 2022 from <https://www.canada.ca/en/environment-climate-change/services/weather-health/uv-index-sun-safety.html> ²United States Environment Protection Agency. (June 2021). *UV Index Scale*. www.epa.gov. Accessed June 20, 2022 from <https://www.canada.ca/en/environment-climate-change/services/weather-health/uv-index-sun-safety.html>