



Sun exposure at work increases risk of skin cancer



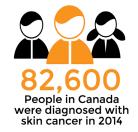
Sun exposure is a serious occupational hazard.

Exposure to ultraviolet radiation from the sun via skin or eyes can cause a number of health effects, including:

- Skin cancer
- Sunburn
- Skin damage
- Cataracts
- Eye lesions and cancer

Sun exposure is the leading cause of skin cancer.

About 1 in 3 new cancer cases in Canada are skin cancer.¹ It is the most common type of cancer in the country.¹ Skin cancer and other sun-related health effects are largely preventable by limiting exposure to sunlight.



Approximately 1.5 million Canadians are exposed to sun at work.²



Outdoor workers have higher sun exposure during

work and leisure time than indoor workers.3



About 67% of outdoor workers in a spend 2 or

Canada spend 2 or more working hours in the sun daily.⁴



The largest industrial groups exposed to sun in

Canada are construction, farming, and building care and maintenance.²



Outdoor workers have a 2.5 to 3.5 times greater risk of skin cancer than indoor workers.⁵



As many as 7,000 skin cancers were attributed to occupational exposure to the sun in 2014.^{6,7}



For more information on prevention, please contact sunsafetyatwork@ryerson.ca.