

SUN SAFETY AT WORK



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.



82,600
People in Canada
were diagnosed with
skin cancer in 2014

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 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.

References: 1. Canadian Cancer Society, 2014. 2. CAREX Canada, 2014. 3. Godar D, 2005. 4. Marrett L, et al., 2010. 5. Radespiel-Tröger M, et al., 2008. 6. Steenland K, et al., 2003. 7. Nurminen M & Karjalainen A, 2001. Images courtesy of Queensland Health 2014 and Lakshman Nadaraja.