Keeping safe in the sun

If you are working outdoors, you need to protect yourself from the sun’s harmful rays. Talk to your business about how you can reduce the risk of harm from UV rays while you work.

What puts me more at risk of harm from UV rays?

- Reflective surfaces
- Weather conditions
- Medications that make you sensitive to sunlight
- Skin changes (moles, spots, scabs)
- Eye growths or changes
- Sunburn

Check your skin every three months for changes

Protect yourself

- Your business should provide:
  - Protective clothing
  - Sunscreen + lip protection
  - Protective hat
  - Protective eyewear
  - Water

If you notice any changes to your skin or eyes, see your GP

If you think you are at risk from too much sun exposure, talk to your manager before stopping work.

New Zealand Government