

## Toolbox Talk # 46

# SUN PROTECTION



Company Name:	
Job Name:	
Date:	

### Key Points

1. **Prolonged sun exposure** increases the risk of skin cancer, including melanoma, which is a serious concern for outdoor workers.
2. **Without proper sun protection**, workers are more susceptible to heat exhaustion and heat stroke, which can be life-threatening.
3. **Continuous exposure to UV rays** can lead to cataracts and other vision impairments, making protective eyewear essential.
4. **Excessive sun exposure** can lead to dehydration and fatigue, impacting worker performance and increasing the risk of accidents.
5. **Chronic sun exposure** accelerates skin aging, causing premature wrinkles and sunspots.
6. **Sun glare can reduce visibility**, increasing the chances of accidents, especially when operating heavy machinery or working at heights.
7. **Many construction sites** enforce sun protection measures as part of their occupational health and safety standards.
8. **Providing shaded rest areas**, UV-blocking clothing, and sunscreen helps workers stay comfortable and focused.

The Skin Cancer Foundation reports that only about **24%** of construction workers regularly use sunscreen



## Top 5 dangers from sun exposure...

1. **Skin Cancer** – UV exposure increases the risk of melanoma.
2. **Heat Stroke** – Extreme heat can cause life-threatening overheating.
3. **Dehydration** – Excessive sweating leads to dangerous fluid loss.
4. **Eye Damage** – UV rays contribute to cataracts and vision issues.
5. **Sunburn** – Painful burns increase skin cancer and infection risk.



1. Am I wearing sunscreen and reapplying as needed?
2. Do I have proper sun protection like a hat and sunglasses?
3. Am I drinking enough water to stay hydrated?
4. Can I take breaks in the shade when needed?

Block the rays on working days,  
Safety first in sunshine's blaze.

## Summary

Sun protection on construction sites is essential to prevent skin cancer, heat stroke, and dehydration. Workers should wear sunscreen, protective clothing, and sunglasses, stay hydrated, and take shade breaks. Proper precautions improve safety, health, and productivity while reducing long-term sun exposure risks.



OSHA emphasizes sun protection on construction sites to prevent heat-related illnesses and skin damage. Employers are responsible for providing a safe work environment, including mitigating sun exposure risks through proper clothing, hydration, and shade.

### Key Regulation:

OSHA's 29 CFR 1926.51 addresses the need for sun protection and the prevention of heat-related illness. Under the General Duty Clause (Section 5(a)(1)), employers must ensure a workplace free from recognized hazards, including excessive sun exposure, by providing shade, water, and protective measures.



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**ATTENDEES**

Print Name:	Signature:

Additional Comments: