



Editor's note Our Tailgate Training Tip Sheets are available in Spanish at www.gemplers.com

KEY POINTS:

Note: Follow this script or use it to help guide you through a 10- to 15-minute tailgate training session for your ag/hort workers. You may photocopy this sheet for your employees' personal use. However, it may not be published or sold.



lip cancer
damage to the eyes

- Too much exposure to the sun's ultraviolet rays can harm you, even if you have dark hair and dark skin.
- You can also get sunburned on a cloudy day – not just when the sun is bright.

Precautions you can take

- Limit the amount of time you spend in the sun. If you work outside all day, take breaks indoors if possible or in the shade.
- Use sunscreen lotion on your face, neck, hands, forearms and other unprotected areas of the skin. Be sure to choose a sunscreen with a sun protection factor (SPF) of 15 or greater. The SPF will be listed on the label.
- Apply the sunscreen before going out in the sun. It's best to put it on 20 to 30 minutes ahead of time. Then reapply it during the day.
- The sun's rays are the strongest between the hours of 10 a.m. and 3 p.m. Be especially careful to protect your skin from exposure during those hours.
- Always wear sunglasses to protect your eyes from the harmful rays of the sun. When choosing sunglasses, look for a label that indicates they filter at least 90 percent of the sun's ultraviolet rays.



(Continued on back)

See our [full line of safety supplies](#), including respirators, eye and ear protection, coveralls, first aid and more.

