

# SHINE A LIGHT ON SAFETY!

## PROTECTING WORKERS FROM HARMFUL UV EXPOSURES

### A Guide for Outdoor and Green House Cannabis Grow Operations: **Employees**

Just like workers in other outdoor agriculture settings, workers in outdoor and green house cannabis grow operations may suffer over-exposure to UV light when working outdoors in the natural sunlight, as shown by recent research by the University of Washington Department of Environmental and Occupational Health Sciences. Over-exposure to UV light is known to cause skin cancer, premature aging, immune system suppression, and eye damage such as cataracts or pterygia.

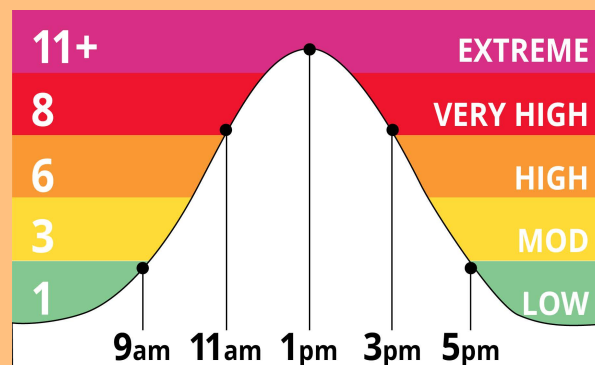
## WHAT IS THE UV INDEX?

The UV Index is the forecast of the amount of skin damaging UV radiation expected to reach the earth's surface at the time when the sun is highest in the sky.

	INDEX NUMBER	SUN SAFETY RECOMMENDATION
LOW	1-2	Wear sunglasses on bright days. If you burn easily wear sunscreen or cover up.
MODERATE	3-5	Use sunscreen or cover up if you will be outside. Stay in the shade during midday if possible.
HIGH	6-7	Protection against sunburn is needed. Reduce your time in the sun between 11am-4pm. Use sunscreen, cover up, wear a hat and sunglasses.
VERY HIGH	8-10	Take extra precautions. Any exposed skin will be damaged and can burn quickly. Avoid the sun between 11am-4pm, otherwise seek shade, cover up, wear a hat and glasses, and use sunscreen.
EXTREME	11+	Take all precautions. Exposed skin can burn in minutes. Avoid the sun between 11am-4pm. Seek shade, cover up, wear a hat and glasses, and use sunscreen.

## UV INDEX ON A TYPICAL SUNNY DAY

*This chart illustrates an example of what UV levels may look like over the course of typical sunny day.*



## WHAT CAN I DO TO PROTECT MYSELF?

Outdoor and green house cannabis grow facility employees should follow the same UV-protective measures as all other outdoor agriculture workers. **Hot Tip:** Don't forget that you can still be exposed to UV on overcast days!



Wear protective clothing including long-sleeved SPF shirts, UV-protective eyewear, and wide-brimmed hats (no baseball caps!).



Wear broad spectrum sunscreen with an SPF of 15 or higher. Remember to re-apply every two hours throughout your shift.



Talk to your employer about sun safety on your job site.



Take frequent breaks out of the sun, especially during midday when the UV index is the highest.



Stay hydrated by drinking enough water. Heat-related illness is also a risk when working in the sun.