

SUN SAFETY

SUNSCREEN DO'S AND DON'TS



Use mineral based, broad spectrum UVA/UVB of SPF 30-50.

Use 1 tablespoon of sunscreen per large body part.

Re-apply every 2 hours, and more frequently with sweat and swimming.



Use spray sunscreens.

Skip sunscreen on cloudy days.

Use sunscreen as a standalone protection.

For complete sun safety, you need **MORE** than sunscreen!

REMEMBER...

SLIP on a shirt



SLOP on sunscreen



SLAP on a hat



SEEK shade



SLIDE on sunglasses



UPPER MIDWEST
AGRICULTURAL SAFETY
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