



FARM SAFETY CHECK

SUN SAFETY CHECKLIST

Those working in agriculture are at a higher risk for skin cancer because of time spent in the sun. While the warmth of the sun feels good on the skin, it's important to take multiple steps to protect yourself from overexposure and reduce sun-related risks. Sun protection includes covering your body with clothing, wearing a hat with a full-brim, adequate sunscreen coverage, and sunglasses

You and/or your employee(s) can use this form to complete safety checks on your farm. Use the form below to list additional safety checks you think are important when inspecting your farm. Keep the completed forms for follow-up, future reference and inspections. Additional copies of this form can be downloaded at:

<http://umash.umn.edu/umash-farm-safety-check/>

Potential Hazard	Yes	Needs Correction	Date Corrected or Notes
Are you wearing long-sleeved shirts and pants when exposed to the sun?	<input type="checkbox"/>	<input type="checkbox"/>	
Are your hats wide-brimmed and brimmed all the way around the head, like a bucket hat?	<input type="checkbox"/>	<input type="checkbox"/>	
Have you checked your medications for increased sun risks?	<input type="checkbox"/>	<input type="checkbox"/>	
Are you using a broad-spectrum SPF 30-50 sunscreen lotion?	<input type="checkbox"/>	<input type="checkbox"/>	
Are you reapplying sunscreen every two hours, or more frequently with heavy sweating?	<input type="checkbox"/>	<input type="checkbox"/>	
Are you wearing sunglasses to protect the eyes?	<input type="checkbox"/>	<input type="checkbox"/>	
Are checking your skin periodically and talking to your doctor about any changes you see?	<input type="checkbox"/>	<input type="checkbox"/>	
Are employees trained how to protect themselves from the sun?	<input type="checkbox"/>	<input type="checkbox"/>	
Are you scheduling work that happens in direct sunlight to avoid peak hours?	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	

Name of person completing safety check: _____ Date completed: ____/____/____

SEE THE NEXT PAGE FOR ADDITIONAL RESOURCES



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Additional Hazards	Yes	Needs Correction	Date Corrected or Notes
	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	

ADDITIONAL RESOURCES

Sun Exposure & Skin Cancer Prevention

Great Plains Center for Agricultural Health

<https://www.public-health.uiowa.edu/gpcah/outreach-2/topics/skin-cancer-prevention/>

Skin Cancer Prevention and Early Detection

American Cancer Society

<https://www.cancer.org/cancer/skin-cancer/prevention-and-early-detection.html>

Safe Farm: Remember Sun Safety in the Field

Iowa State University

https://lib.dr.iastate.edu/cgi/viewcontent.cgi?article=1054&context=extension_ag_pubs

Sun Safety

Centers for Disease Control and Prevention

https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm

Sun Exposure: Protect Your Skin

Ohio State University Extension

<https://ohioline.osu.edu/factsheet/aex-79018>

Agriculture Workplace Hazards: Sun Safety

Queensland Workplace Health and Safety

<https://www.worksafe.qld.gov.au/agriculture/workplace-hazards/sun-safety>

The facts and information provided are suggestions for your safety, but are in no way a comprehensive and exhaustive list of all actions needed to ensure your safety, and are not an endorsement of any products mentioned.

For additional Farm Safety Check topics and resources, visit: <http://umash.umn.edu/umash-farm-safety-check/>

To receive Farm Safety Check topics via email, join the UMASH email list at <http://umash.umn.edu/join-our-email-list>

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