Toolbox KITS

SUN PROTECTION TRAINING

Sun protection training

Sunscreen, clothing, eyes, shade, water and skin checks

Based on 29 CFR 1926.21, 1926.51, 1926.102, 1926.50 and 1926.20

About 40 minutes, with a 10-question quiz

29 slides | About 40 minutes | 10-question quiz

English + Spanish



SAMPLE

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MODULE 1

The hazard: hours in the sun, day after day

What can go wrong	→	What prevents it
Sunburn and pain	→	Sunscreen put on and reapplied
Long-term skin damage	→	Long sleeves and a hat
Eye damage from sun and glare	→	UV-blocking sunglasses or safety glasses
Heat illness	→	Shade breaks and water
Burns that slow you down the next day	→	Skin checks and early care

SAMPLE

Toolbox KITS

Crew handout

Sun protection: cover, block, shade, water

29 CFR 1926.21, 1926.51, 1926.102, 1926.50, 1926.20

Do

- Put on broad-spectrum sunscreen before you start and reapply
- Cover your face, ears, neck, arms and the backs of your hands
- Wear long sleeves, long pants and a brimmed hat
- Wear UV-blocking sunglasses or safety glasses
- Take breaks in the shade
- Drink water often
- Plan hard work for cooler parts of the day
- Check your skin and see a doctor about changes

Don't

- Do not rely on sunscreen from this morning at home
- Do not work in a tank top with no hat
- Do not push through dizziness or nausea
- Do not break blisters
- Do not ignore a changing mole

SAMPLE

Remember **Cover up, block it, shade and water.**

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