

**DID YOU
KNOW?**

PROTECT YOURSELF FROM HARMFUL UV RADIATION

Welders need personal protective equipment (PPE) to stay safe on the job. Sunscreen is crucial PPE for welders since exposure to UV radiation from welding arcs can increase the risk of health issues, including skin cancer. By taking simple steps to protect yourself, you can minimize your risk and stay safe while welding.

THE DANGERS OF UV RADIATION



- UV radiation causes skin cancer, eye melanoma, & inflammation of the cornea
- Welding arcs produce UVA, UVB, and UVC rays
- Welders are at increased risk of developing skin and ocular damage
- Thermal burns from hot metal also contribute to skin damage and cancer risk

THE IMPORTANCE OF SUNSCREEN



- Sunscreen absorbs and reflects UV radiation to prevent skin damage
- Zinc oxide is ideal for welders since it covers the full spectrum of UV radiation
- I.C. Industrial Sunscreen is designed for welders and provides complete protection

TIPS FOR STAYING SAFE ON THE JOB



- Apply broad-spectrum SPF 30+ sunscreen to all exposed skin
- Reapply every two hours after sweating or being exposed to water
- Wear protective clothing and take breaks from UV radiation exposure
- Encourage coworkers to also use sunscreen and PPE



By using sunscreen in conjunction with other protective measures, such as wearing protective clothing and taking regular breaks from prolonged UV radiation exposure, welders can reduce their risk of skin cancer and other health issues associated with UV radiation exposure.

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