



Implementing

# Sun Safety Practices

## To Protect your Employees and Patrons

The Rhode Island Department of Health's Comprehensive Cancer Control Program is looking to engage Parks and Recreation Departments in discussions about your efforts to protect your employees and patrons from harmful exposure to the sun's UV rays. Outdoor recreation area users and outdoor workers who spend long periods of time in the sun are at increased risk of developing skin cancer. We can work with you to identify the most effective and feasible policy/practice changes that you can adopt to protect your employees and patrons. We'd love to meet with you to discuss the strategies below and others that you can implement in your parks and outdoor recreation areas.

The CDC's Community Guide recommends interventions in outdoor recreational and tourism settings, such as providing skin cancer prevention messages or educational activities for visitors, and offering free sunscreen of SPF 15 or greater. These strategies have been proven effective in increasing sunscreen use, avoiding sun exposure, and decreasing the incidence of sunburns.



### For Patrons & Employees

**Increase Available Shade** - The sun's rays are strongest between 10:00am and 4:00pm

- Plan ahead to incorporate shade structures and trees in future park development
- Avoid scheduling events during peak sun hours
- Make tents and modular shade structures available to guests using park space

**Encourage Sun-Safe Behaviors** - Use of sunscreen and protective clothing

- Educate employees on how they can best protect themselves in the sun
- Provide SPF 30 broad spectrum sunscreen to employees and patrons at snack bars or restrooms
- Provide UV protective long-sleeved uniforms and hats to employees
- Remind patrons to seek shade and use sunscreen with signage around your parks
- Take extra caution around sand and water, which can reflect and intensify UV rays

If you are interested in scheduling a short conversation with the Cancer Control Program staff, please contact George Andoscia at (401) 222-3047 or [George.Andoscia@health.ri.gov](mailto:George.Andoscia@health.ri.gov).

