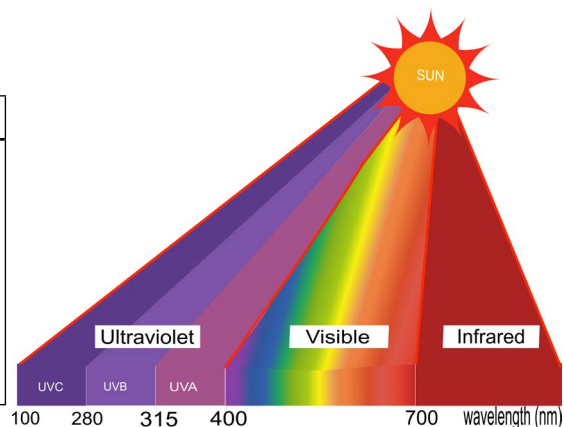


Drivers often spend long hours behind the wheel and are at risk to ultraviolet radiation. Ultraviolet (UV) radiation comes from natural sources like the sun, and artificial sources like black lights, welding equipment, lasers, and tanning equipment. Some UV exposure is essential for good health as it stimulates vitamin D production in the body. Excessive exposure to UVs from high intensity, or for long periods of time can have negative health impacts. Therefore, it is important to identify the exposure level and take appropriate actions to stay safe.

UV radiation is divided into three wavelength ranges:

UVC	UVB (short-wave)	UVA (long-wave)
Hazards: dangerous to all forms of life. <ul style="list-style-type: none"> <li>Created artificially to kill bacteria.</li> <li>Burns skin</li> <li>Causes skin cancer</li> </ul>	Hazards: can just penetrate the outer protective layer of the skin. <ul style="list-style-type: none"> <li>Delayed tanning</li> <li>Sunburns</li> <li>Causes most skin cancers</li> </ul>	Hazards: can penetrate deep into skin. <ul style="list-style-type: none"> <li>Passes through glass (windows)</li> <li>Immediate tanning</li> <li>Premature skin aging</li> <li>Can contribute to certain skin cancers.</li> </ul>



## Controls

Employers need to ensure specialize training and controls are established for any worker using artificial sources of UV radiation. Windshields often have UVA blocking lamination, but tempered side windows offer little protection. For natural sources of UV radiation (the sun) here are some recommended controls:

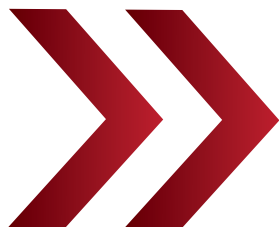
### Stay Informed - UV Index

- The UV index forecasts the intensity of UV radiation throughout the day, year-round. The index helps guide workers plan and taking precautionary measures.
  - » Reflection off bright surfaces such as snow can nearly double UV strength! Take extra precaution.

### UV Index Description Sun Protection

0-2	Low	Minimal sun protection required for normal activity.
3-5	Moderate	Take some additional precaution.
6-7	High	Protection required, UV damages the skin.
8-10	Very high	Extra precaution required, unprotected skin will be damaged.
11+	Extreme	These values are rare in Canada, however, the UV Index can reach 14 or higher in the tropics and southern U.S

(continued)



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### Protect your eyes

- Wear CSA safety glasses, eyeglasses or sunglasses with UV protective lenses.
- Wear a wide brimmed hat or a brimmed hard hat for added eye protection.



### Protect your skin

- Seek or create shade (building, tent, umbrella, trees etc.).
  - » If able avoid the sun exposure between 11 a.m. and 3 p.m.
  - » Use extended sun visors or mesh shades to reduce direct sunlight exposure while maintaining visibility.
  - » Vehicles and equipment may not be reliable for shade in all situations. Reminder some UVs can go through glass or may be reflected off surfaces. Whenever possible, park in shaded areas during breaks.
- Wear clothing that covers as much skin as possible.
  - » Hat or a full brimmed hard hat
  - » Lightweight UPF-rated shirts (long sleeves) and pants to cover skin. UV-blocking arm sleeves are popular among drivers to protect the “trucker’s arm”.
  - » UV neck gaiter
- Wear broad-spectrum SPF 30 or higher, water-resistant; apply 15–30 minutes before starting shift; reapply every 2 hours or after sweating
- Avoid getting a sunburn and intentional tanning.
- Consider installing UV-shielding window tint or film approved within legal visibility limits

### Prevention

You’re exposed to sun, often without realizing it. Over years and decades in industry, exposure can add up, increasing risks of premature aging, eye damage, and skin cancer, particularly on the areas of the body most exposed. By combining administrative strategies (shade breaks, scheduling), engineering controls (UV film), and personal precautions (sunscreen, clothing, skin checks), you can significantly reduce those risks. Encourage workers to have regular skin exams, health checkups, and use of all available controls.

### Legislation

In Canada, the Canada Labour Code Part II encompasses taking all reasonable precautions to protect the health and safety of workers under the general duties clause. While Manitoba regulations do not specify UV exposure limits, the Act empowers Manitoba to adopt American Conference of Governmental Industrial Hygienists standards and require employers to control exposures via shade, PPE, policies, and worker education.

Many jurisdictions follow the limits recommended by the American Conference of Governmental Industrial Hygienists.

### Need more information? RPM can help!



#### [Hazard Identification & Risk Control](#)

Recognizing what could injure workers on the job is the first step to ensuring that they stay safe. This course will provide students with the practical knowledge necessary to identify, assess and control the hazardous elements of their workplace so they can do their part in preventing dangerous incidents.



#### [Emergency 1st Aid: CPR: Level C & AED](#)

This first-aid and cardiopulmonary resuscitation (CPR) course provides the skills needed to recognize and respond to cardiovascular emergencies and choking for Adults, Children and Infants. This course, is provided by RPM Safety and is suitable for workplace requirements.



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