

ULTRAVIOLET RAYS

The Invisible Hazard

Agricultural workers around the world face many hazards while on the job, including an invisible one - the sun's ultraviolet rays. By taking extra precautions, workers can help protect themselves from harmful UV radiation damage.



Australian farmers face a

60%

higher mortality rate from melanoma compared to the general population



Agricultural workers

>22%

used sunscreen

>25%

sought shade



1,500+ cases of non-melanoma skin cancer

AND 240 cases of melanoma

due to sun exposure annually

How can you protect yourself?

- Move into the shade wherever possible.
- Use sunscreen with a sun protection factor of at least SPF 30.
- Wear a wide-brimmed hat.
- Wear a long-sleeved shirt.
- Wear long pants or other clothing that reaches the ankles.

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Sources:

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