

Sun Safety & Skin Cancer Prevention for Farm Workers

Why It Matters:

Farmworkers spend long hours outdoors, increasing their risk of skin cancer, heat exhaustion, and dehydration.

Key Safety Points:

- Wear wide-brimmed hats, sunglasses, and long sleeves to protect skin.
- Apply broad-spectrum sunscreen (SPF 30 or higher) every two hours.
- Take breaks in the shade and stay hydrated—don't wait until you're thirsty.
- Recognize early signs of heat stress: dizziness, nausea, excessive sweating.
- Get regular skin checks for any unusual moles or sun damage.

Real-Life Risks:

- Skin cancer is one of the most common cancers among farm workers.
- Many cases of heat exhaustion result in hospitalization during peak summer months.

Discussion Questions:

- How can we encourage sun protection without affecting work efficiency?
- What are your go-to strategies for staying cool during hot days?