

High Five Sun-Safe Practices

High Five Sun-Safe Practices *in Agriculture*

1

Sunscreen: Always wear sunscreen with an SPF of 30 or higher.

Hat: Wear a hat with a brim to protect your face, ears and neck.

2

3

Shirt: Wear a shirt with long sleeves.

Sunglasses: Wear sunglasses to protect your eyes.

4

5

Shade: Seek shade during the hours of 10 a.m. to 4 p.m.

