



Sun-Savvy Strategies: A Guide to Sun Safety and Hydration

Everyday sun safety for all, beyond the beach.

Skin cancer is the most common cancer in the US. Prioritizing sun safety reduces the risk of this preventable cancer and other sun-related illnesses in the workforce.

Help employees stay safe both on and off the job.

Americans lose more than \$100 million in productivity because of restricted activity or absence from work due to skin cancer. While it's the most common cancer, in most cases it's preventable. If you have employees who work outside, implement safety protocols year-round, not just in Summer months. Provide shade whenever possible, make sunscreen readily available, encourage proper attire, and educate about the importance of skin checks. Dehydration can also be a significant and common problem, especially in warmer months. The more dehydrated a worker becomes, the more impaired they become. A 3-4% dehydration can bring about a 25% decline in worker productivity. Provide resources to educate employees on the importance of hydration and ensure availability of water bottles or filling stations. Ensuring that these measures are part of your company culture can contribute to higher morale and productivity within your teams.





What Others Are Doing:

Many employers are taking sun safety to the next level with practical applications. Workplaces that have employees working outside are implementing [free sunscreen dispensers](#), cool [water filling stations](#) and reusable water bottles, providing electrolyte products, and shaded break areas. Kaiser Permanente has educational resources like the What's in Your Drink flyer, which can be posted in breakrooms.

[Tips for Employers](#)



Resources for your Employees

[Sun Safety Tips](#)

[Sun Health Effects](#)

[Protecting Your Skin from the Sun](#)



KP Member Specific Resources

[Surprising Ways You May be Getting Sun-damaged Skin](#)

[How to Check Your Skin](#)

[Preventative Services](#)

***Members may see articles or information authored from KP partners in other regions, but they should seek care directly from their local care team.*



Strategic Planning Resources

[Sun Safety Tips for different Environments](#)

[Sun Safety Tips for your State](#)

[Sun Safety in the Workplace: 5 Activities to Try](#)

*All kp.org information is available to view in Spanish or English depending upon user preference

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Other Resources

[How to Prepare for Emergencies: Summer Safety Tips](#)

[Water and Healthier Drinks](#)

[Skin Cancer Prevention Success Stories](#)

