

LIFEGUARD SUN SAFETY

Melanoma is the second most common cancer for 15-34 year-olds. Over 5,000 Canadians are diagnosed with melanoma each year. And 1,000 of them will die from it.

If you work outside in direct sunlight you are at greater risk of skin cancer. One bad sunburn greatly increases the risk of melanoma.

For lifeguards at outdoor facilities there's a risk from the sun above, but also from the reflection off water or sand. Lifeguarding at a beach, waterpark or outdoor pool is fun and safe if you take the proper sun safety precautions.



The scalp, especially where hair is parted burns easily. Apply sunscreen to any parts and always wear a hat while guarding.



Protect your eyes – use polarized lenses for lifeguarding that also protect against UVA and UVB rays.

A shot glass full of sunscreen should be enough to cover your entire body. If you have to go in the water, dry off and reapply after, don't wait until your break.



Melanoma is most common on the backs of men and on the legs of women, although it can appear anywhere on the skin.



Special solar umbrellas can protect you from harmful UV rays.



Lips burn easily and are susceptible to skin cancer. Use an SPF lip balm regularly to protect sensitive lip skin.

UV rays can penetrate clouds and clothing. Put sunscreen on your entire body at least 20 minutes before your shift. Reapply on breaks.



LIFESAVING SOCIETY
The Lifeguarding Experts

The Lifesaving Society is a national, volunteer organization and registered charity working to prevent drowning and water-related injury. Annually, over 1,000,000 Canadians participate in the Society's swimming, lifesaving, lifeguard and leadership training programs. The Society sets the standard for aquatic safety in Canada and certifies Canada's National Lifeguards.