Effects of simple measures to reduce the occupational solar UV exposure of outdoor workers

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Abstract
Taking sun-sheltered meal and tea-breaks around solar noon can reduce occupational exposure to solar erythemal ultraviolet (UV) radiation by outdoor workers. The research presented in this article has quantified the reductions in solar UV exposure to be expected in summer and winter for different scenarios of break times for this high UV exposure occupational group of the population.

Author keywords
Outdoor workers; Personal protective equipment; Solar ultraviolet radiation; Ultraviolet radiation

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