


July 2024



Ultraviolet Safety Awareness Month

This summer, get outside and get active, but do so safely. It is important to protect our eyes and skin from the effects of UV rays. Here are some helpful reminders:

1. Wear quality sunglasses designed with UV protection.
2. The most hazardous time of the day for UV radiation are the hours between 9am and 3pm.
3. Choose sunglasses with maximum coverage, ideally the ones that wrap around to your temples.
4. Wear a hat with a brim (in addition to sunglasses) to shield more UV rays from your face.
5. Wear sunglasses even on cloudy days; invisible UV rays pass through thin clouds and haze.
6. Never look directly at the sun.
7. Always wear a full spectrum sunscreen.

Monday	Tuesday	Wednesday	Thursday	Friday
1  Chlyn Offices Closed	2 Hinton Intermediate First Aid 2-Day Hinton Basic First Aid 1-Day Edson H ₂ S	3 Edson Confined Space E/M/BHR	4 Hinton H ₂ S	5 Edson H ₂ S Hinton Confined Space E/M/BHR
8 Edson Intermediate First Aid 2-Day Edson Basic First Aid 1-Day	9	10 Edson IFA Recert/Blended	11	12 Edson H ₂ S
15 Hinton Intermediate First Aid 2-Day Hinton Basic First Aid 1-Day Edson Fall Protection	16	17 Hinton IFA Recert/Blended Edson Confined Space E/M/BHR	18 Edson Ground Disturbance Hinton H ₂ S	19 Edson H ₂ S
22 Edson Intermediate First Aid 2-Day Edson Basic First Aid 1-Day Edson H ₂ S (Best Western) Hinton Ground Disturbance	23 Hinton Fall Protection	24 Edson IFA Recert/Blended Hinton H ₂ S	25 Edson Fire Extinguisher	26 Edson H ₂ S
29 Hinton Intermediate First Aid 2-Day Edson Fall Protection	30 Hinton H ₂ S (Ramada Hotel)	31 Hinton IFA Recert/Blended Edson H ₂ S	*Please confirm the location of your course when booking*	

✂ Chlyn Safety Services Ltd. ~ Safety Services & Training Centre ✂

Check out our website: <http://chlynservices.ca> or scan our QR Code

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POCT/Lab Drug & Alcohol Screening - Hair Folicle Testing - Nurse Medicals - Audiometric Screening - Vision Screening

PFT - Mask Fit Testing - Custom Ear Plugs - Safety Courses - Health & Safety Program Building & Maintenance