

How to select a sun-safe hat...

Hats that shade the neck, ears and face are widely available in stores. One hat design may not have all the features listed, and some features are mutually exclusive, or some features may be more important to you than others. If you wear a baseball-style cap most of the time now, it may be time to change your hat. By selecting an appropriate hat and wearing it regularly while in the sun, you can help reduce your risk of skin cancer.

Fabric

Some materials let more air through than others. A closely woven canvas or other material needs air vents/eyelets to make the hat cooler to wear in heat. Sea-grass or straw hats may not need vents because of their open weave, but they may not screen as well. Sunlight can penetrate many lightweight or open-weave materials.

Style

Hats vary in the shape and width of the brim. Narrower brims offer less shade and protection. As you think about hat styles, it is important to think about your work and activities.

Work with pesticides requires special headgear that is not discussed here; many hats that are sun-protective in most circumstances will not protect you from pesticide exposure.

Size

Hat styles are available in set sizes, adjustable fit sizes, or "one-size-fits-all". Baseball caps shade the eyes and size can be adjusted easily, but they do not shade the neck, ears, and face. Some hat styles are contracted with an inside elastic band to fit a greater number of individuals comfortably.

Key Design Features

As you consider a new hat, ask yourself these questions:

Does the hat have...

- a wide brim (3 inches or more)?
- a design that does not interfere with side vision?
- vents in the crown for air flow?
- an inside sweat band that's comfortable?
- a secure fit to stay on your head?
- a chin strap?
- and extended flap to cover your neck?

Is the hat made with a...

- material that will block UV-a and UV-b rays?
- light in color to reflect light?
- dark lining under the brim to reduce eyestrain?
- crushable, resilient material?

Is the hat style...

- practical for your work or other activities?
- lightweight comfortable to wear?
- priced reasonably?

Alternative hat styles



Backflap:

a size-adjustable cap with an attached flap shields neck and ears.



Booney:

This lightweight fabric hat has a dark lining under the brim to reduce eye strain.

Sun Crusher:

Eyelets allow air flow; front brim is wider than back brim.



Outback:

This canvas hat has a wide brim and chin strap.

Tropical Straw:

Open weave is cool and has some sun protection.



Common hat measurements

(measure around your head)

if your head measures...	your hat size is...	and is considered
21 ^{1/2} - 21 ^{7/8} "	6 ^{3/4} - 7	Small
22 ^{1/4} - 22 ^{5/8} "	7 ^{1/8} - 7 ^{1/4}	Medium
23 - 23 ^{1/2} "	7 ^{3/8} - 7 ^{1/2}	Large
23 ^{7/8} - 24 ^{1/4} "	7 ^{5/8} - 7 ^{3/4}	Extra-Large