reapply sunscreen

on the job

when you get wet or sweat

at midday

use long sleeves, a wide-brimmed hat, sunglasses, shade, and sunscreen

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Check the UV Index daily
- Higher number = greater UV
- Take more precautions on high UV days (6-11+)

**PRECAUTIONS**

Work or Rest in the Shade
- Bring portable shade with you.
- Look for natural shade nearby.
- Vehicles can provide some shade.
- Attach shade devices to heavy equipment

Wear Sunglasses

Cover Up with Long Sleeves & Long Pants

Wear a Hat
- Wide brims provide better protection.
- Attach a flap to the back of a hard hat.

Apply Sunscreen and Lip Balm
- Use SPF 30 or more.
- Apply in the morning & reapply at midday.
- Slop it on! Use more than you think you need.

AND...DETECT SIGNS OF SKIN CANCER EARLY.

Examine your Skin
- Watch for moles and other spots.
- Report skin changes to your doctor.

Do not depend on sunscreen alone. Combine sunscreen with hats, sunglasses, long sleeves, long pants, and shade to protect against the sun’s UV radiation.