STOP
SKIN CANCER

THERE IS MORE THAN
ONE WAY
TO PREVENT SUNBURN

SKIN DAMAGE IS
NOT REVERSIBLE
CHECK THE UV INDEX DAILY
- Higher number = greater UV
- Take more precautions on high UV days (6-11+)

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 & LIP BALM
- Use SPF 30 or more.
- Apply in the morning & reapply at midday.
- Slop it on! Use more than you think you need.

EXAMINE YOUR SKIN
- Watch for moles and other spots.
- Report skin changes to your doctor.

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