



Checked your skin lately?

Outdoor workers receive up to **10 times more UV** radiation exposure than indoor workers.

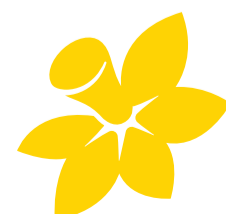
Skin cancer can grow quickly so don't rely on annual skin checks.

Check your skin regularly and if you notice any of these signs or anything that looks unusual, see your doctor immediately.

Changes to check for:

- New spots
- Size
- Shape
- Colour
- Scaly
- Bleeding

cancercouncil.com.au/workplace



**Cancer
Council**
NSW