Work outdoors?

Use UV protection every day.

An estimated 200 melanomas and 34,000 other skin cancers diagnosed each year in Australia are the result of UV damage in the workplace.

Protect your skin in five ways when outdoors.

SLIP on clothes that cover your arms and legs

SLOP on SPF 30 or higher, broad spectrum, water resistant sunscreen and reapply every two hours

SLAP on a broad brimmed hat or one that covers the head, face, neck and ears

SEEK shade, particularly over the middle part of the day when UV is highest

SLIDE on close fitting sunglasses

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