

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

