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.

1. Use UV protection every day.
2. SLIP on clothes that cover your arms and legs.
3. SLOP on SPF 30 or higher, broad spectrum, water resistant sunscreen and reapply every two hours.
4. SLAP on a broad brimmed hat or one that covers the head, face, neck and ears.
5. SEEK shade, particularly over the middle part of the day when UV is highest.
6. SLIDE on close fitting sunglasses.

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