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