

PREVENTATIVE STRATEGIES TO AVOID SKIN CANCER

Smart sun safety

Avoid sun and use shade facilities between 10am and 3pm wherever possible

Use 30+ waterproof sunscreen and reapply every 3 hours

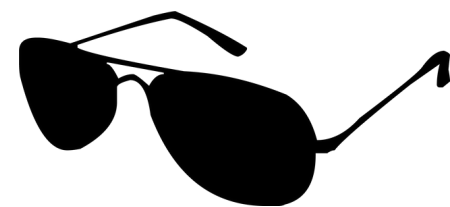
Wear all prescribed PPE including a broad brimmed hat and long-sleeved shirt and pants

Be mindful, there's no such thing as a safe tan

Wear sunglasses

Regularly check your own skin

95% of skin cancers can be treated if found early



Download the SunSmart App from the Apple or Play store to check your UV risk exposure throughout the day.

>3 High risk

0-3 Low risk - precautions should still be made when working outdoors for long durations, or if working near reflective surfaces.

Set reminders to reapply sunscreen based on the conditions and current PPE.