



DON'T EXPOSE YOURSELF AT WORK

FOLLOW THE 5 S APPROACH WHEN WORKING OUTSIDE

Controlling sun exposure is an important step in preventing skin cancer

SLIP ON SUN PROTECTIVE CLOTHING

SLOP ON SPF30 OR HIGHER SUNSCREEN

SLAP ON A HAT

SLIDE ON SOME SUNGLASSES

SEEK SHADE

APPLY SUN CREAM



SUN PROTECT

APPLY SUNSCREEN TO HELP PREVENT SUNBURN

TODAY'S UV LEVEL IS:

PROTECT YOURSELF WHEN THE UV LEVEL IS 3 OR ABOVE

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