

If you work outdoors you ARE at risk of skin cancer



Images courtesy of Queensland Health



Protect yourself in 5 simple steps



Slip on sun-protective clothing

Choose long pants and long sleeve collared shirts.



Slop on SPF 30+ sunscreen

Use a broad spectrum, water-resistant sunscreen and apply 20 minutes before going outside. Reapply at least every 2 hours.



Slap on a broad-brimmed hat

A hat should cover your head, face, neck and ears. Use a brim attachment for hard hats or helmets.



Seek shade

Reduce your exposure to the sun, especially between 10am and 3pm when UV radiation is most intense.



Slide on sunglasses

Go for close-fitting, wrap-around styles.

Check your skin regularly and see your doctor immediately if you notice a spot that has changed in size, shape or colour.

The Cancer Council Helpline
13 11 20
www.cancercouncil.com.au



WorkCover Assistance Service
13 10 50
www.workcover.nsw.gov.au