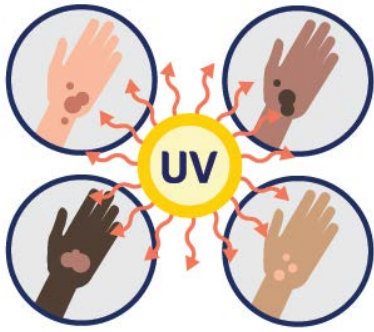


# Protect your skin at work



1

The sun and its UV rays damage skin - no matter your skin colour. The damage can turn into skin cancer over time.



2

Two in three Australians will get skin cancer. Working outside puts you in the sun more.



3

UV rays can damage skin even on a cool or cloudy day.



4

The good news is that most skin cancer can be prevented.



5

To stay healthy for you and your family, you should wear:

- a hat
  - sunglasses
  - sunscreen
  - long sleeves
- and stay in the shade when you can!



6

See a doctor if you see changes, like a new spot that has changed colour or shape.



7

Watch this short video to learn more to keep yourself healthy and working longer for you and your family.



Visit  
[www.cancercouncil.com.au/sunsmart-workplaces](http://www.cancercouncil.com.au/sunsmart-workplaces)  
for more resources about  
protecting your skin at work.