



# Work outdoors?

## Use UV protection every day.

Protect your skin in **five ways** when outdoors.



**SLIP** on clothes that cover your arms and legs



**SLOP** on SPF 50+, broad spectrum, water resistant sunscreen and reapply every two hours



**SLAP** on a broad brimmed hat or one that covers the head, face, neck and ears



**SEEK** shade, particularly over the middle part of the day when UV is highest



**SLIDE** on close fitting sunglasses



[cancercouncil.com.au/sunsmart-workplaces](http://cancercouncil.com.au/sunsmart-workplaces)

An estimated 200 melanomas and 34,000 other skin cancers diagnosed each year in Australia are the result of UV damage in the workplace.



**Cancer Council**



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