

OUTDOOR WORKERS ARE
AT GREATER RISK OF
SKIN CANCER.
GETTING PAINFUL SUNBURN INCREASES YOUR RISK

Protect your skin



Keep your hat on



Use the shade

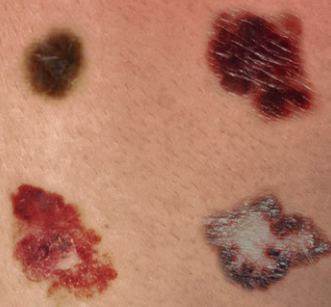


Wear sun glasses



Use sun cream
SPF 30 or higher

Spot cancer early



Get any skin changes
checked by your doctor



**Irish
Cancer
Society**