

Protect your skin and stay safe when working in the sun



Find shade / prevent glare.

When possible stay out of the sun between 10am - 3pm and wear long sleeves, a cap and sunglasses



Protect your head.

If you don't have to wear a hard hat, wear a cap - don't forget to protect face, ears and neck



Cover up and use sun cream.

Wear loose fitting clothes / long sleeves and regularly reapply sun cream with at least SPF15 and a 4 or 5 star rating



Be skin safe. Report mole changes (size, shape, colour, itching or bleeding) or any other concerns to your doctor as soon as possible



Keep hydrated. Drink lots of water throughout the day



**If in doubt,
Shout Out!**