

In the UK, the sun can be strong enough to damage your skin from mid-March to mid-October

Sun safety isn't just important for summer holidays or when you go abroad. Sunburn can happen when you're working outside, outside at home or while you're out and about.

Protect your skin when the sun is strong by:



Seeking shade – including on your work breaks



Covering up – cover your shoulders and wear sunglasses. If you don't have to wear a hard hat, wear a wide-brimmed hat



Using sunscreen – with at least SPF15 and 4 or 5 stars

cruk.org/health

Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666), the Isle of Man (1103) and Jersey (247). Expiry: July 2021



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