



# *Five steps to 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!**