

Prevention is better than cure!



If you don't apply sun protection -
the effects can be shocking!



Skin Cancer kills more people in the UK than Australia. If you work outdoors, you double the risk of skin cancer and spotting the signs early could save your life.

REMEMBER TO:

- Keep your top on
- Stay in the shade whenever possible, during breaks and at lunch
- Use a high factor sunscreen - at least SPF15 and apply regularly
- Drink plenty of water
- Check your skin regularly for unusual moles or spots