

# reapply sunscreen

on the job



when you get wet or sweat



at midday



use long sleeves,  
a wide-brimmed hat,  
sunglasses,  
shade,  
and sunscreen



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## Check the UV Index daily

- Higher number = greater UV
- Take more precautions on high UV days (6-11+)

## PRECAUTIONS

### Work or Rest in the Shade

- Bring portable shade with you.
- Look for natural shade nearby.
- Vehicles can provide some shade.
- Attach shade devices to heavy equipment

### Wear Sunglasses

### Cover Up with Long Sleeves & Long Pants

### Wear a Hat

- Wide brims provide better protection.
- Attach a flap to the back of a hard hat.

### Apply Sunscreen and Lip Balm

- Use SPF 30 or more.
- Apply in the morning & reapply at midday.
- Slop it on! Use more than you think you need.

## AND...DETECT SIGNS OF SKIN CANCER EARLY.

### Examine your Skin

- Watch for moles and other spots.
- Report skin changes to your doctor.

**Do not depend on sunscreen alone. Combine sunscreen with hats, sunglasses, long sleeves, long pants, and shade to protect against the sun's UV radiation.**