

Know Your Skin Type and Risk for Skin Cancer



HIGHEST RISK
Take more precautions



LOWEST RISK
Take less precautions

Fair skin needs added protection
Risk for skin cancer is high
Use sun protection every day
Avoid sunburning

**Check your skin and
nails often and report
odd changes or dark
spots to a doctor**

Dark skin provides some natural sun protection
Risk for skin cancer is low, but not zero
Use sun protection on high UV days
**Skin cancer often diagnosed at later
stages that are harder to treat**



TAKE PRECAUTIONS

Check the UV Index daily

- Higher number = greater UV
- Take extra care on high UV days (6-11+)

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

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.