



IF YOU WORK OUTDOORS YOU ARE AT RISK OF SKIN CANCER

WORK WITH YOUR EMPLOYER TO PROTECT YOURSELF FROM THE SUN
Kei te whakamarumarutia koe i te rā?

Sun protection is essential between September and March, especially between 11am and 4pm

Check your skin regularly and see your doctor as soon as possible if you notice a spot, mole or freckle that has changed in size, shape, colour or texture.



1. Slip into some shade

Reduce your exposure to the sun by working in shaded areas and, whenever possible, take breaks in the shade.



2. Slip on sun-protective clothing

Choose long pants and a long-sleeved, collared shirt.



3. Slap on a hat

Wear a hat that protects your head, face, neck and ears. Choose a hat with a broad brim (at least 7.5cm) or a bucket-style hat. Use a brim attachment with a neck flap with a hard hat or helmet.



4. Slop sunscreen on all exposed skin

Choose broad spectrum, SPF30+ sunscreen. Apply at least 15 minutes before going outside. Reapply at least every two hours.



5. Wrap on some sunglasses

Wear close fitting, wrap-around styles. Look for the label AS/NZS 1067:2003.



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For further information call the Cancer Information Helpline
0800 CANCER (226 237) or go to www.cancernz.org.nz

