

Save the Skin You're In!

A Fact Sheet for Employees

Skin cancer is the most common form of cancer in the United States. Exposure to the sun's ultraviolet (UVA & UVB) rays is the most important environmental factor involved in the development of skin cancer. People who work outside are at increased risk for developing skin cancer as a result of longer periods of exposure to the sun.

Protect yourself from the sun by:



- Applying full-spectrum (UVA & UVB) sunscreen—SPF 15 or greater—to exposed skin, 30 minutes before going outside in the sun. Using lip balm that has a SPF rating of at least 15. Reapply frequently, especially after swimming or sweating.



- Wearing long, light-weight clothing to cover your skin, including your arms and your legs.



- Working or taking breaks in the shade, when available, especially between 10 a.m. and 4 p.m. Remember UV rays reach you on cloudy and hazy days, as well as bright and sunny days.



- Wearing a wide-brimmed hat that, when worn, creates a shadow that completely covers your head, face, nose, ears, and neck. While a baseball hat will provide some protection, a wide-brimmed hat will provide optimal coverage.



- Wearing protective sunglasses that state that they protect you from 100% of UVA and UVB. UV exposure can also increase the risk of developing cataracts.