

## 7 Simple Tips to Protect Yourself from Skin Cancer

**If you work outdoors when sun radiation levels are high, you could be at risk of skin cancer**

### The Facts

- Skin cancer is the most common type of cancer in the world, yet it's the easiest one to avoid.
- Around 60 workers die each year in the UK from skin cancer.
- At least 1,700 new cases of skin cancer are registered each year.
- If you get sunburn just once every two years, the risk of malignant melanoma is tripled.
- The sun can cause damage even on cloudy days – up to 80% of dangerous UV rays can get through cloud.
- A tan does not protect you from sun damage.
- If you've already had one non-melanoma skin cancer, you are 9 times more likely to get another one.

### Protect Yourself

1. **Wear long, loose clothing:** Clothing protects the skin. Ideally wear clothing that's made from close woven fabric as this protects your skin from UV rays.
2. **Protect your head and neck:** 80% of skin cancers are on the head or neck so it's essential you protect these areas. Wear a hat with a brim or flap to cover your ears and the back of your neck. Ideally fabric should have a UPF of 30+.
3. **Avoid mid-day sun:** UV levels are highest from April until mid-September. Whenever possible stay in the shade during breaks and particularly between 11.00am and 3.00pm
4. **Use sunscreen:** A tan does not protect you from sun damage. Use a high factor sunscreen and make sure you apply plenty of it, and re-apply regularly. This may seem obvious but often people don't apply enough protection to exposed areas or leave sufficient time for the sunscreen to soak in before going outdoors.
5. **Drink plenty of water:** This is essential in order to prevent dehydration and keep the skin healthy.
6. **Check your skin:** The earlier skin cancer is detected and diagnosed, the more effective the treatment, so regularly check your skin for any unusual moles or spots. If you find anything that is a concern, consult your doctor immediately. Moles are the most aggressive form of skin cancer so pay particular attention to these
7. **Check the UV index:** You can download apps which give you the UV rating as part of the weather forecast or visit the [Met Office website](https://www.metoffice.gov.uk/uv).