

MEN WHO WORK OUTDOORS ARE  
AT GREATER RISK OF  
SKIN CANCER.  
GETTING PAINFUL SUNBURN INCREASES YOUR RISK

### Protect your skin



Keep your hat on



Use the shade

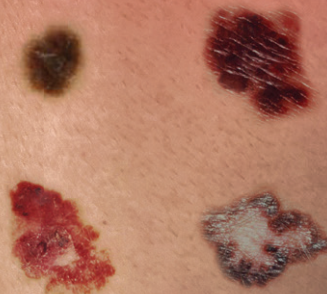


Wear sun glasses



Use sun cream  
SPF 30 or higher

### Spot cancer early



Get any skin changes  
checked by your doctor



**Irish  
Cancer  
Society**