

Builder's Tan Is No Joke!

Protect Yourself From Skin Cancer



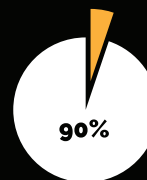
FACTS



1 death a week in Ireland is related to sun exposure at work.



23% of skin cancer deaths are from construction, outdoor & farming industries.



Preventable - 90% of skin cancer deaths could be prevented



Most Common cancer is skin cancer - over 11,000 new cases each year

PROTECTION



Minimum SPF30 sunscreen, apply liberally to dry skin 15 minutes before UV exposure & every 2-3 hours thereafter.



100% of UVA Rays pass through clouds - always protect!



UV Index level 3 means that protection is required

Follow the Irish Cancer Society's SunSmart Code:

Seek Shade - when rays are at their strongest (11am to 3pm)

Cover Up - wear a collared shirt and a hat that gives shade to the face, neck & ears

Slop on Suncream - with SPF minimum 30 UVA protection, 20 minutes before going outside & re-apply every two hours

Check the UV Index - www.cancer.ie/uvindex

SURVEILLANCE



All persons should check their skin regularly for:

- A new or changing mole
- A new growth or sore that does not heal.
- A spot/sore that continues to itch, hurt, ooze, crust or bleed.
- A change in how it feels.
- Constant skin ulcers that are not explained by other causes.

CONCERNED?

Freephone Irish Cancer Society Nurseline: 1800 200 700

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