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# "For Safety's Sake - Do Something"



SSOE GROUP IS A PROJECT DELIVERY FIRM FOR ARCHITECTURE, ENGINEERING, AND CONSTRUCTION MANAGEMENT.

## SLIP! SLOP! SLAP! & WRAP®

The American Cancer Society (ACS) advises everyone to get their hats, sunglasses, and sunscreen ready for the long, hot summer. Many of the 3.5 million yearly cases of skin cancer could have been prevented by using sun protection and avoiding indoor tanning. The ACS urges everybody to "Slip! Slop! Slap! & Wrap®."

### SLIP

on a shirt to limit skin exposure.



### SLOP

on sunscreen (SPF 30 or higher).



### SLAP

on a hat to cover your head.



### WRAP

on sunglasses to protect your eyes.



### Did You Know...

- One American dies from skin cancer every hour.
- Skin cancer is the most common type of cancer in the United States.
- Skin cancer affects more than 3 million people each year; more than breast, prostate, lung, and colon cancers combined.
- One in five Americans will develop skin cancer in their lifetime.

### But the GOOD news is...

- Experimental studies at Yale show that if you block ultraviolet (UV) radiation from the skin, the cells that have been mutated by previous sun exposure may actually regress. This is scientific proof that it is never too late to start protecting yourself from UV rays.

Visit the following web sites for more valuable information and skin protection tips:

Be Safe in the Sun: <http://www.cancer.org/healthy/besafeinthesun/index?sitearea=MH>

Sun Safety: Save Your Skin!: <http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm049090.htm>