

*"For safety's sake—do something."*

## Sun Safety Tips

It is natural to want to be outdoors, especially in the sun, but it all comes at a cost. The #1 cause of skin cancer is exposure to Ultraviolet or UV rays.

Aside from cancer, too much exposure to UV can cause sunburn, eye damage, and premature wrinkles.

So what can you do to protect yourself? Wear sunscreen with a high Sun Protection Factor or SPF, wear a hat that covers your face, ears, and neck, use sunglasses that offer protection from UV light, wear UV block or SPF clothing, but the best option is to limit the time outside during the greatest exposure to UV and that is between 10am and 4pm.

### Remember...

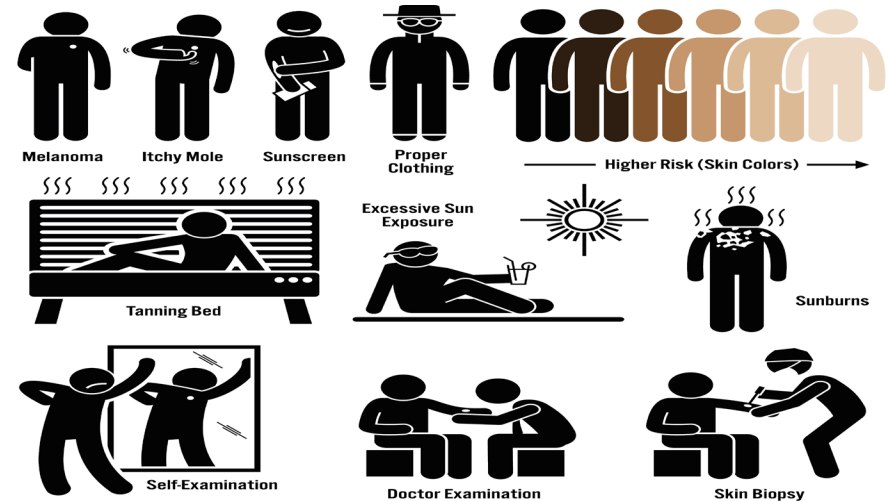
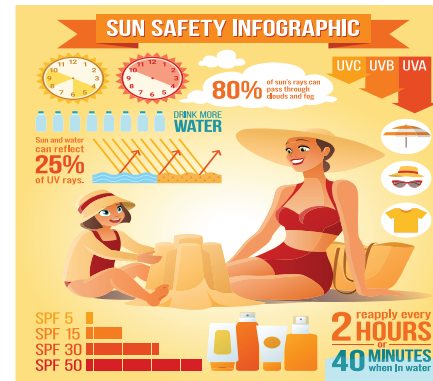
- Sunscreen with a minimum of SPF 15 should be applied every 2 hours, after swimming or sweating.
- Use a sunscreen that offers Broad Spectrum Protection which means it will protect from both UVA and UVB rays. All sunscreens protect from UVB, which is the main cause of sunburn, but UVA is a leading cause of skin cancer and premature aging. It is not part of every sunscreen. Look for Broad Spectrum Protection in your sunscreen.
- The higher the SPF, the better the protection, but know that no sunscreen protects you completely.
- Water-resistant is not water-proof or sweat-proof. Resistant means that it will break down over time, but must last for at least 40 minutes. No sunscreen is water-proof so reapply often to stay protected.
- Discard any sunscreen if it is expired as the protection factor may be compromised.
- According to the American Cancer Society, you should conduct self screenings to identify early signs of possible cancer. Here is how to do a self check:

#### How to Do a Skin Self-Exam

Check your entire body by standing in front of a mirror and having a person close to you help with examining areas that you cannot see.

### Common ways skin cancer can appear

- A new, expanding, or changing growth, spot, or bump on the skin.
- A sore that bleeds and / or doesn't heal after several weeks.
- A rough or scaly red patch, which might crust or bleed.
- A wart-like growth.
- A mole (or other spot on the skin) that's new or changing in size, shape, or color.



**Safety Scott says**  
**"For Safety's Sake, Do Something"**  
**and protect yourself FROM THE EFFECTS OF THE SUN!**

**American Cancer Society visit:**

[www.cancer.org](http://www.cancer.org)

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