

## PROTECT YOUR SKIN (FROM SKIN CANCER)

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### Introduction

Skin cancer is largely preventable when measures are consistently used to prevent skin exposure to sunlight.

### Recommendations

Follow these measures to reduce your risk of developing melanoma:

- **Reduce sun exposure between 10:00 a.m. and 4:00 p.m.**  
This is when sunlight is the strongest. Try to work in the shade to the extent possible.
- **Wear sunscreen and lip sunscreen with a minimum rating of 30 SPF (sun protection factor).**  
Sunlight reflects off surfaces, so you need to wear sunscreen even when in the shade. Reapply sunscreen and lip sunscreen as directed by the manufacturer.
- **Wear reflective or light-colored clothing such as long-sleeved shirts and long pants.**  
Choose loose-fitting clothing made of tightly woven material. If your T-shirt has an SPF of less than 30, you should also wear sunscreen.
- **Wear a wide-brimmed hat.**  
If the hat doesn't shade your neck and ears, use sunscreen in these areas. Canvas hats provide more protection than straw hats.
- **Wear sunglasses.**  
Wrap-around glasses provide the most protection.
- **Avoid tanning beds and sun lamps.**

Source: *National Center for Chronic Disease Prevention and Health Promotion*