

# Builder's Tan Is No Joke!

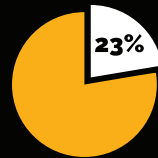
## Protect Yourself From Skin Cancer



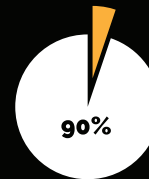
### FACTS



**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](http://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

Email: [cancernurseline@irishcancer.ie](mailto:cancernurseline@irishcancer.ie) / Web: [www.cancer.ie](http://www.cancer.ie)

