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
Email: cancernurseline@irishcancer.ie / Web: www.cancer.ie