



# Sun Safety Announcement for Employees



Cover up!



- This year there will be over one million new cases of skin cancer in the United States, chiefly caused by \*UV rays in sunlight.
- Left untreated, skin cancer can eventually cause serious scarring, disfigurement, and even death.
- Protect yourself from the sun today: *(Choose the items that are practical...)*
  1. Wear a wide-brimmed hat with neck flaps.
  2. Wear long, light-weight clothing to cover your skin.
  3. Apply SPF 30 sunscreen to exposed skin.
  4. Wear UV-protective sunglasses.
  5. Use lip balm with a SPF of 30 or greater.
  6. Work or take breaks in the shade, when available.
  7. Drink plenty of water to help stay cool.

\*UV = ultraviolet (rays)