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## Outdoor Workers: How to protect yourself from the sun



Outdoor workers spend many hours in the mid-day sun, which is a major risk factor for developing skin cancer, including melanoma, the deadliest form.

If you work outdoors, you need to protect your skin when on the job.

Follow these tips:

- **Seek shade when appropriate.** Avoid the sun's rays when they are the strongest between 10 a.m. and 2 p.m. If your shadow appears to be shorter than you are, seek shade.
- Even on a cloudy day, up to 80% of the sun's ultraviolet rays can pass through the clouds.
- **Wear protective clothing**, such as a long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses, when possible. Secure a cloth flap to your hat to protect your neck.
- **Generously apply a broad spectrum, water resistant sunscreen** with a Sun Protection Factor (SPF) of 30 or higher to all exposed skin. "Broad spectrum" provides protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays.
- **Reapply approximately every two hours**, even on cloudy days, and after excessive sweating.
- **Use extra caution near water, snow, and sand** because they reflect and intensify the damaging rays of the sun, which can increase your chances of sunburn. Even concrete and light-colored surfaces can reflect the sun's rays.
- **Check your skin for signs of skin cancer.** If you see any mole or spot on your skin that is changing, itching or bleeding, see a board-certified dermatologist.

One person dies from melanoma every hour in the United States. When caught early, skin cancer is highly treatable.

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To find a free SPOTme® skin cancer screening in your area, visit [spotme.org](http://spotme.org) or call 888-462-DERM (3376)