



DON'T EXPOSE YOURSELF AT WORK

FOLLOW THE 5 S APPROACH WHEN WORKING OUTSIDE
 Over-exposure to the sun is a serious health threat and should be avoided

SLIP ON
 SUN PROTECTIVE
 CLOTHING



SLOP ON
 SPF30 OR HIGHER
 SUNSCREEN



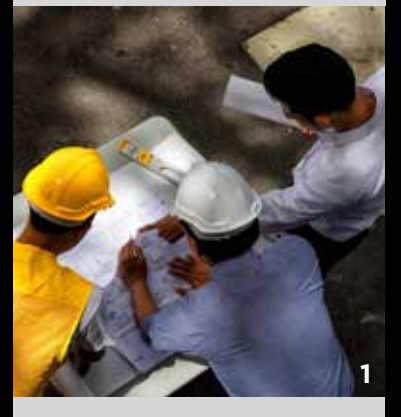
SLAP
 ON A HAT



SLIDE
 ON SOME
 SUNGLASSES



SEEK
SHADE



APPLY SUN CREAM



1: www.skcin.org/downloads/SkinBooklet2020.pdf