



# BEST PRACTICE for OUTDOOR WORKERS

**FOLLOW THE 5 S APPROACH WHEN WORKING OUTSIDE<sup>1</sup>**  
Controlling sun exposure is an important step in preventing skin cancer



**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](http://www.skcin.org/downloads/SkinBooklet2020.pdf)

Prepared for

**arco**  
Experts in Safety