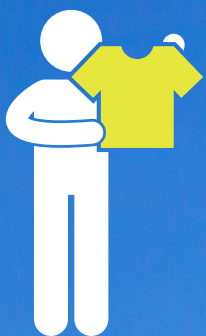


BEST PRACTICE FOR OUTDOOR WORKERS

FOLLOW THE 5S' APPROACH WHEN WORKING OUTSIDE

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

