

BE AWARE, KEEP PROTECTED, STAY SUN SAFE

PREVENTION

SKIN CANCER IS ONE OF THE MOST COMMON CANCER IN THE UK¹.
By 2025, almost 400,000 non-melanoma skin cancer diagnoses a year are expected².

- 80% of all skin cancers are caused by over-exposure to the Sun's UV rays and/or sun beds³
- 1,700 people, that's 5 people per day get skin cancer from sun exposure at work⁴
- Getting painful sunburn once every 2 years can triple your risk⁵
- 60 people a year die from occupational skin cancer⁶

REMEMBER!

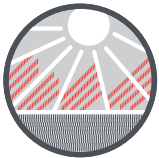
The Sun's UV rays:



Cannot be seen or felt



Can pass through clouds



Can bounce off reflective surfaces



Can penetrate through glass



Can pass through loosely woven material

TAKE ACTION



Wear sun protection cream when the UV index reaches 3 or above:

TO FIND OUT THE DAILY UV LEVEL VISIT:

www.metoffice.gov.uk

90%
OF SKIN CANCER
DEATHS
COULD BE PREVENTED



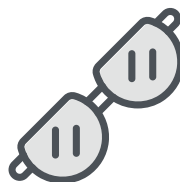
SLIP
on sun protective clothing



SLOP
on SPF30 or higher sun protection cream



SLAP
on a hat



SLIDE
on some sunglasses



SHADE
from the sun

¹ <https://www.statista.com/topics/6991/skin-cancer-in-the-uk/>

² Sanofi Genzyme, July 2020. State of the Nation: NMSC Report pdf

³ Skcin, Skin Cancer The Problem And Facts. www.skcin.org

⁴ <https://www.notimetolose.org.uk/wp-content/uploads/2018/03/POL2726-Solar-Fast-Facts-WEB.pdf>

⁵ <https://www.cancerresearchuk.org/about-cancer/causes-of-cancer/sun-uv-and-cancer/how-does-the-sun-and-uv-cause-cancer>

⁶ <https://www.notimetolose.org.uk/free-resources/solar-pack-taster/>