

FEELING THE BURN?

Getting painful sunburn just once every two years can triple the risk of the most deadly form of skin cancer, malignant melanoma.

Skin cancer is the most common type of cancer in the world. It's also the easiest to avoid – 90 per cent of all skin cancer deaths could be prevented if sun exposure is controlled.

If you're at risk:

- follow the rules about protecting yourself from sun exposure – ask your boss if you're not sure about anything
- check your skin regularly for the tell-tale signs of cancer – look at IOSH's **Check it out** card for more info

WORKING TOGETHER TO BEAT OCCUPATIONAL CANCER

The Institution of Occupational Safety and Health is campaigning to stop thousands of untimely deaths to work-caused cancer – find out more at

www.notimetolose.org.uk





DON'T SAVE IT FOR THE BEACH

90 per cent of construction workers use sunscreen on holiday – but only 59 per cent use it at work. Skin cancer can kill you.

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TANTASTIC?



There's no such thing as a healthy tan.
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YOU DON'T THINK ABOUT IT AT WORK, BECAUSE YOU JUST WANT TO CRACK ON

1,700 people get skin cancer caused by sun exposure at work in Britain every year – and 60 people die.

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SCREEN YOURSELF

Make sure you screen yourself from the sun or you could find yourself behind one of these.

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IT'S NOT A STITCH UP

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WHITE BITS COULD BE THE LEAST OF YOUR WORRIES



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WISH YOU WERE HERE?



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CLOUD CUCKOO LAND?



Up to 80 per cent of dangerous sun rays get through a cloudy sky

Thinking that you can't get damaged by the sun on a cloudy day is a myth. Protect your skin, even when it's cloudy, or you could get skin cancer.

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