



# THE LINEMAN'S GUIDE TO A SUN-SAFE SUMMER

## SKIN CANCER IS THE MOST COMMON FORM OF CANCER

AS MANY AS ONE IN FIVE AMERICANS WILL BE DIAGNOSED WITH SKIN CANCER. OUTSIDE WORKERS ARE AT HIGHER RISK.



### SUNSCREEN MATTERS

THE AMERICAN CANCER SOCIETY MAKES THESE SUNSCREEN RECOMMENDATIONS:

#### SPF 30 OR HIGHER

SPF (SUN PROTECTION FACTOR) MEASURES THE AMOUNT OF UVB SUNLIGHT REQUIRED TO TURN SKIN RED.

#### BROAD-SPECTRUM

LOOK FOR SUNSCREEN THAT PROTECTS AGAINST UVA (ULTRAVIOLET A) AND UVB (ULTRAVIOLET B) RAYS.

#### USE IT OFTEN

SWEAT AND OTHER FACTORS CAN REDUCE THE EFFECTIVENESS OF SUNSCREEN. REAPPLY IT FREQUENTLY.

#### HOW MUCH?

ABOUT 1 OUNCE OF SUNSCREEN (A SHOT GLASS FULL) SHOULD BE USED TO COVER THE ARMS, LEGS, NECK AND FACE OF AN AVERAGE ADULT.

### OTHER PRECAUTIONS



#### SEEK SHADE WHEN POSSIBLE

LIMITING TIME IN THE SUN, ESPECIALLY BETWEEN 10 A.M. AND 4 P.M., CAN REDUCE EXPOSURE TO HARMFUL RAYS.



#### WEAR PROTECTIVE CLOTHING

LONG SLEEVES, A WIDE-BRIMMED HAT AND A NECK SHIELD CAN HELP PROTECT YOUR SKIN. DARK COLORS PROTECT BEST.



#### PROTECT YOUR EYES

ALWAYS WEAR SUNGLASSES THAT BLOCK AT LEAST 99% OF UV LIGHT.



#### DON'T FORGET YOUR LIPS

GET IN THE HABIT OF USING A LIP BALM THAT'S SPF 30 OR HIGHER

