

# Be SunSmart

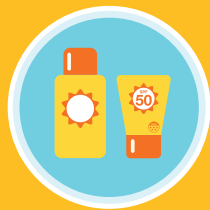
## Protect your skin on the farm

Farmers are exposed to 2-3 times more UV rays from the sun compared with people who work indoors, putting them at a higher risk of skin cancer.

## Be SunSmart Protect Your Skin



**S**lip on clothing that covers your skin such as long sleeves, collared t-shirts.



**S**lop on sunscreen with UVA and UVB protection on exposed areas, using at least factor 30+ for adults and 50+ for children. Reapply regularly.



**S**lap on a wide brimmed hat to protect your face, ears and neck.



**S**eek shade especially if outdoors between 11am to 3pm when UV rays are at their strongest.



**S**lide on sunglasses to protect your eyes.



If you notice a new or changing mole or growth on your skin contact your GP without delay. The earlier skin cancer is found the easier it is to treat.

For more information on being SunSmart visit:

[www.hse.ie/sunsmart](http://www.hse.ie/sunsmart)



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