

SunSmart advice for farmers



Follow the SunSmart 5 S's



Slip on **clothing** that covers your skin such as long sleeves, collared shirts.



Slop on **sunscreen**: Use sunscreen SPF 30 or higher 20 minutes before going outside and re-apply every 2 hours – more often if sweating.



Slap on a **wide brimmed hat**, hard hat with a brim and use a neck flap.



Seek **shade** – especially if outdoors between 11am to 3pm when UV rays are at their strongest. Plan your work outdoors early in the morning or late afternoon to avoid the peak UV sunrays. Use trees or portable shade for break times and lunch.



Slide on **sunglasses**. Use UV protective eyewear.

If you notice a new or changing mole or growth on your skin contact your GP without delay.

For more information on being SunSmart visit
www.hse.ie/sunsmart



Be SunSmart



An Roinn Talmhaíochta,
Bia agus Mara
Department of Agriculture,
Food and the Marine



nccp

National Cancer
Control Programme



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Skin cancer is the most common cancer in Ireland.

The number of people being diagnosed with skin cancer in Ireland is rising rapidly.



Farmers are at high risk of skin cancer as they spend long periods of time working outdoors.



Most skin cancers can be prevented by protecting your skin from ultraviolet (UV) radiation in sunlight. UV radiation can damage your skin and increase your risk.



Outdoor workers are exposed to 2 to 3 times more UV radiation than indoor workers.

How can I protect my skin from the sun?

People often think it is the sun's heat that causes skin cancer, but in fact it is UV rays from the sun, which you cannot see or feel that cause the damage.

In Ireland, from April to September, you need to protect your skin by following the SunSmart 5 S's as part of your daily routine.

UV from the sun is strongest between 11am-3pm even when it is cloudy.

UV damage builds up over time so farmers should use sun protection every day.

Do not wait for hot and sunny days to use sun protection.

UV from the sun is damaging – even on cool, cloudy days.

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