

# Stay sun-safe on site



Construction workers represent **44%** of occupational skin cancer diagnosis

## How to stay sun-safe:



### Cover Up

Wear long trousers, long-sleeved tops, a hat and sunglasses.



### Seek Shade

Work in shade when possible. Take a break under cover or head indoors - especially between 11am and 3pm.



### Use Sunscreen

Put sunscreen (at least SPF 30 and 4 or 5 stars) on parts you can't cover up - such as your face and the back of your neck. Re-apply thickly every 2 hours.



### Stay Hydrated

Make sure you stay hydrated by drinking plenty of water through the day.

Check the UK Met Office UV risk index for your area:

#### Check on a Web Site

Scan this code with your phone to visit the UV Index page on the Met Office web site:



#### Download an App

Scan this code with your phone to download and install the official Met Office app:



**We Build the Future**

*Beating cancer, saving lives*

WORKING WITH



**MELANOMA UK**  
*Fighting Melanoma Together*



← Scan this code for more info about sun safety and our organisations.

Or visit: <https://www.metoffice.gov.uk/public/weather/uv-index-forecast/>

<https://webuildthefuture.org/>

<https://www.melanomauk.org.uk/>