



**DON'T EXPOSE
YOURSELF AT WORK**



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FOLLOW THE **5S** APPROACH

SLIP ON
SUN PROTECTIVE
CLOTHING



SLOP ON
SPF30 OR HIGHER
SUNSCREEN



SLAP
ON A HAT



SLIDE
ON SOME
SUNGLASSES



SEEK
SHADE



CHECK YOUR SKIN REGULARLY - YOU COULD BE IN DANGER OF:

**SKIN
DAMAGE**



PEELING SKIN

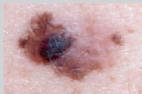
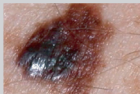


BLISTERS



SUNBURN

**SKIN
CANCER**



Seek medical advice if you find any unusual moles, spots or other changes to the skin.

**ASK YOUR LINE MANAGER ABOUT
SUN CREAM TODAY!**

