

Introducing
*The Summer Collection**
for him and for her



*If you notice changes to the size, shape or colour of moles or patches of skin, you should visit your doctor without delay. Better to be safe than sorry.



everyone
home safe
every day

A look not To Die For

The summer's here. And there's nothing quite like feeling the sun on your skin and getting a bit of a tan while you're out working, is there? Or is there?

Did you know that skin cancer kills more people in the UK than Australia? So there's definitely nothing cool about exposing yourself to the sun and picking up one of the accessories on the front of this leaflet. Shocking aren't they? Here are some other surprising facts about being out in the sun that we think you can handle:

- Skin cancer is the fastest growing form of cancer in the UK.
- Outdoor workers are generally exposed to UV rays for longer periods than those who work indoors, so are at a higher risk of skin damage.
- Getting painful sunburn just once every 2 years can triple your risk of getting one of the most serious types of skin cancer.
- 10,300 cases of malignant melanoma (the most serious form of skin cancer) are diagnosed in the UK every year.
- 2,067 people die of it every year in the UK.



It's not all doom and gloom.

Here's the smart way to enjoy the summer

Start a trend. Slap on some sunscreen. And if one of your work mates takes 'the mick' just reel off some of the facts on the opposite page. Sunscreen is as vital a part of your protective gear as steel toe-caps or hi-vis clothing. It's all a part of working outside in a dangerous environment. Skin cancer's a mug's game, so slap on at least SPF 15.

While we're at it let's talk about some of the other tips for dealing with the heat this summer:

- The smart set are wearing their lightweight PPE. It's definitely cooler.
- Check your skin for changes.
- Carry a bottle of water. Dehydration and sunstroke creep up on you quietly, but they're just as dangerous as an Intercity in the '4 foot'.
- Did we mention using a high factor sunscreen of at least SPF 15? Put plenty of it on throughout the day, as it can wear off as you get hot and sweaty.

Get the complete Summer Collection

Keep cool in your summer PPE

Try to drink at least
2 litres of water a day



Put on your sunscreen at the
beginning of and regularly
throughout the day

