

Protect Your Skin

Many construction workers spend long periods of time exposed to the elements, especially the sun and wind. Too much exposure to the sun without protection can lead not only to painfully dry, chapped and itchy skin, but also to skin cancer. Use the following tips to help protect yourself from the elements:



- ☀️ **Wear a sweatproof, waterproof sunscreen lotion or cream with a sun protection factor (SPF) of 15 or higher whenever you're outdoors.**
- ☀️ **Wear protective clothing such as a hat with a broad brim, a long-sleeved shirt, gloves and long pants.**
- ☀️ **If you can avoid working in direct sunlight between 10 a.m. and 3 p.m., do so.**
- ☀️ **Wear lip protection that contains a sunscreen.**
- ☀️ **Moisturize your skin daily.**
- ☀️ **Check your skin once a month for suspicious sores, moles and growths. Look for sores that don't heal, growths or moles that are irregularly shaped, large (the size of a pencil eraser or larger) or have jagged, notched or indistinct borders.**
- ☀️ **If you have a suspicious sore, mole or growth, see a doctor.**