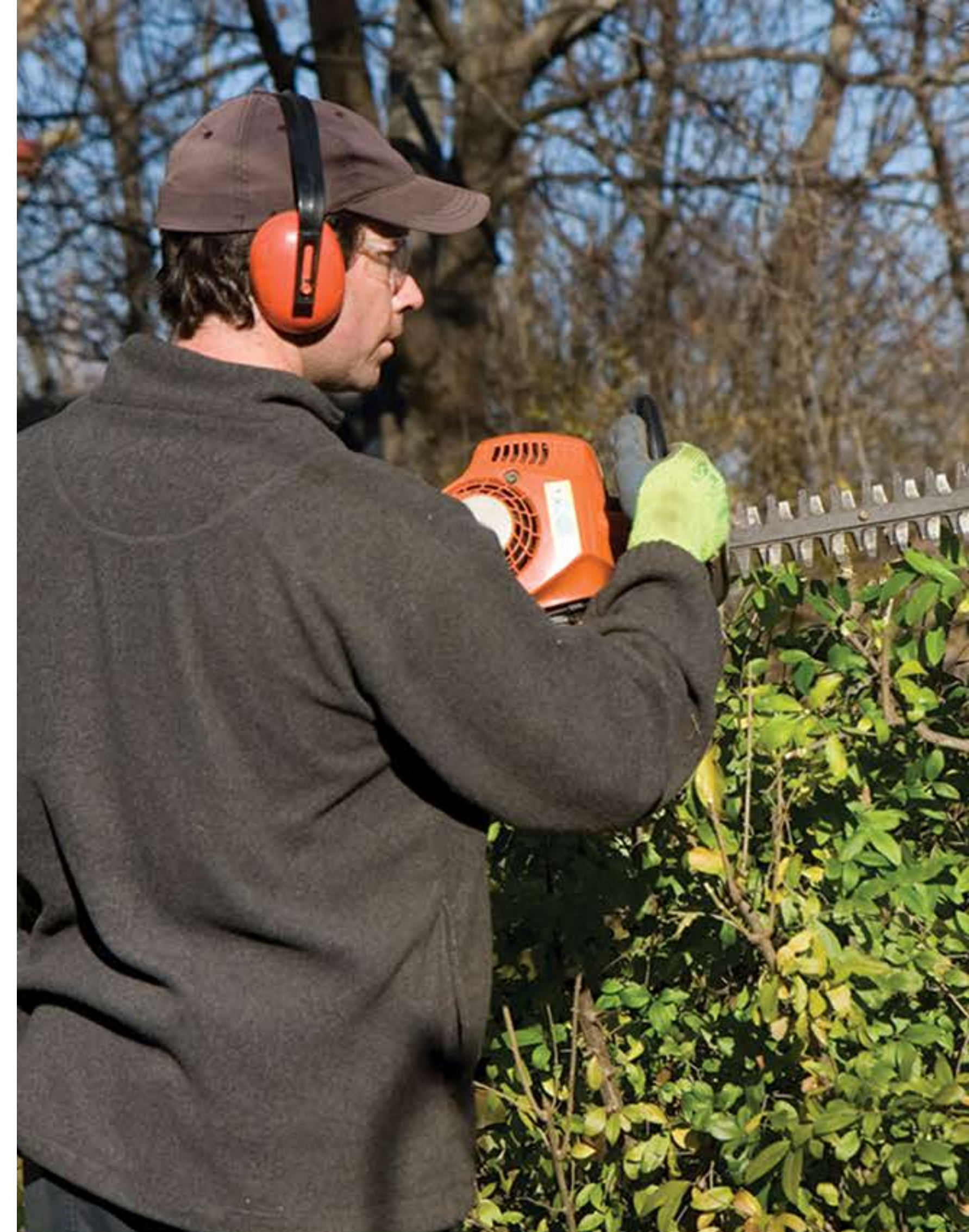


Outdoor workers: Take steps to avoid skin cancer

- Avoid the sun's rays when they're strongest (between 10 a.m. and 2 p.m.).
- Wear sunglasses, a wide-brimmed hat, a long-sleeved shirt and pants.
- Regularly and generously apply sunscreen with an SPF of 30 or higher.



Safety+Health
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