

# Reducing The Risk

Slip, Slop, Slap



Be sun smart all year round to reduce your risk of skin cancer

- Avoid full sun in the middle of the day.
- Wear a broad brimmed hat and protective clothing.
- Use SPF 30+, broad spectrum, water resistant sunscreen
- Wear sunglasses.
- Protect lips with a high SPF lip balm.
- Have regular skin checks.

Get your skin checked regularly by your GP for early detection and prevention. Check out the calendar on the Pilbara Health website for some great tips on avoiding the risk of skin cancer.

*pilbara health*

<http://pilbarahealth.riotinto.com>