



# Checked your skin lately?

**Outdoor workers** receive up to **10 times more UV** radiation exposure than indoor workers.

Skin cancer can grow quickly so don't only rely on annual skin checks.

*Check your skin regularly and if you notice any of these signs or anything that looks unusual, see your doctor immediately.*

Changes to check for:

- New spots
- Size
- Shape
- Colour
- Scaly
- Bleeding

[myUV.com.au/working-outdoors](http://myUV.com.au/working-outdoors)



**Cancer  
Council**  
WA