

Did you know skin cancer is the most common cancer? Sunscreen is a great step to take in order to easily curtail this cancer.

According to the FDA, everyone should use a sunscreen with an SPF of 15 or higher, EVEN ON CLOUDY DAYS.

ROBINS SAFETY MINUTE

Sunscreen Tips

- Apply sunscreen liberally to all uncovered skin, especially your nose, ears, neck, hands, feet and lips**
- Reapply at least every two hours; more often if you're swimming or sweating - No sunscreen is waterproof**
- If you don't have much hair, apply sunscreen to the top of your head or wear a hat**
- No sunscreen completely blocks UV rays; other protections are needed such as protective clothing, sunglasses and utilizing shade**