**If you’re on the job — you need to be on *top* of sun protection.**

The facts are clear. Workers in our industry top the list of people at high risk for skin cancer. Delaware has the third-highest incidence rate of melanoma in the country. Melanoma deaths account for 2% of cancer deaths in our state, with 63% of those deaths occurring in men. And it bears repeating, as a worker spending extended time outdoors, you are part of the population at highest risk of experiencing damaging sun exposure and, quite possibly, developing skin cancer.

These are the clear, frightening facts. But there is one more to remember: *You all have the power to protect your skin — and doing so is easier than you may think*. It all comes down to putting layers of protection between your skin and the sun’s damaging ultraviolet rays, as well as being aware of potential problems. This spring and summer, if you’re on the job, stay on top of skin safety by following three rules:

* **Protect**: Shield your skin from ears to ankles and head to toe! Wear long-sleeved shirts and long pants, wide-brim hats, sunglasses, and water-resistant sunscreen with UVA and UVB protection and a broad-spectrum SPF of 30 or higher.
* **Check**: Remain vigilant about changes to your skin, especially new skin growths and moles, and changes in mole symmetry and color. Contact a dermatologist immediately if anything unusual appears.
* **Repeat**: Make your skin-safety preparation a part of your routine — every day, all day. Wearing proper protection should be a regular part of your morning, like brushing your teeth. Also, be a friend and share what you know with your coworkers and your loved ones.

Before you step outside again, we encourage you to visit the [Delaware Division of Public Health’s Sun Safety website](https://www.protectyourskinde.com/) for more information. And remember that the work you do every day keeps our communities functioning and strong. Doing your very best job starts with taking care of yourself. So please visit the [website](https://www.protectyourskinde.com/) and increase your knowledge — and *protect, check, repeat* this summer!