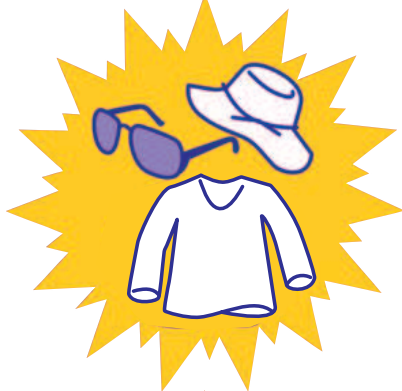


How do I protect myself properly?



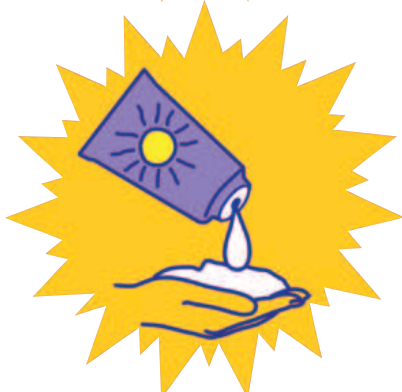
1. Avoid direct sunlight

- ✓ Use flexible working hours – spend breaks in the shade
- ✓ Avoid the midday sun
- ✓ Never stay in the sun longer than absolutely necessary
- ✓ Provide shade to your working area



2. Clothing

- ✓ Wear long-sleeved outerwear and underwear
- ✓ Wear headgear with ear and neck protection



3. Apply cream to uncovered parts of the body

- ✓ Cover your face, especially the eye area, lips, ears and neck
- ✓ Hands and uncovered arms or legs
- ✓ SPF 30 is recommended (SPF = sun protection factor)



**Don't let yourself
get sunburnt**