

**FIREFIGHTERS**

# FIGHT SKIN CANCER ON AND OFF THE JOB

**Reduce** absorption of Polycyclic Aromatic Hydrocarbons (PAHs) through your skin on the job.

Wash your skin thoroughly as soon as possible after every fire response.



**Protect** your skin from sun exposure off the job.

Cover up with clothing, a wide-brim hat and sunscreen labelled broad spectrum, water resistant and at least SPF 30.



**Ask your doctor** to check your skin for skin cancer.

If you notice a mole or spot is changing, itching, bleeding, or growing - see your doctor right away.



Skin cancer is highly preventable. It is also treatable when detected early.



Learn more:  
[www.sunsmartsk.ca](http://www.sunsmartsk.ca)