



# STOP SKIN DAMAGE

..... before it starts .....

## ▶ Apply sunscreen daily

Apply sunscreen with an SPF of 30 or higher every day. The sun's rays can penetrate through clouds so you should still apply sunscreen even on overcast days.

## ▶ Wear long sleeves

Wear long sleeves to protect your arms. This extra layer of protection is especially helpful between 10 a.m. and 4 p.m. when the sun's rays are strongest.

## ▶ Don't rely on tinting

Federal Motor Carrier Safety Regulation (FMCSR) Part 393.60 on glazing and window construction does allow tinting as long as the light passing through is not less than 70 percent of the normal occurrence. Additionally, some states may have stricter tinting laws than FMCSR. While tinting is legal, it's not safe and does affect visibility in many situations. Use other skin damage prevention techniques rather than tinting.

## ▶ Check your skin regularly

Regularly check your skin for discoloration, new growths and changes in existing moles, freckles, bumps and birthmarks. If you notice anything out of the ordinary, schedule an appointment with a doctor to be examined as soon as possible.