

## Skin Cancer Doesn't Care About Toughness

Outdoor work doesn't always come with shade. When you're exposed to the elements, including harmful UV rays, your chances of skin cancer increase. And while toughness gets the job done, skin cancer doesn't care how tough you are.

According to the Centers for Disease Control and Prevention (CDC), sun exposure is highest during the summer, between 10:00 AM and 4:00 PM, which increases the chances of getting sunburned. Over time, this exposure significantly increases the risk of melanoma and non-melanoma skin cancers, including basal cell carcinoma and squamous cell carcinoma.

## Sun Damage Adds Up Even on Cloudy Days

UV rays don't take days off. **Up to 80% of UV rays can pass through cloud cover**, meaning even overcast skies expose your skin to long-term damage. And it's not just one sunny day; it's accumulated daily exposure that increases the risk of cancer. The US National Weather Service states that clear skies allow 100% of UV transmission, scattered clouds allow 89%, broken clouds allow 73%, and overcast skies allow 31%.

## UPF-Rated Clothing

Sunscreen helps, but it wears off, gets wiped away, and must be reapplied every two hours to remain effective. In contrast, UPF-rated clothing provides consistent, built-in protection throughout the day, with no need to reapply.

The DragonWear® Pro Dry® Tech Collection features UPF 50+ sun protection, blocking over **98% of harmful UV rays**, while also delivering moisture-wicking performance, arc-rated and flame-resistant protection, and all-day comfort for tradespeople working under intense sun and heat.

**Quick Fact:** The Skin Cancer Foundation recommends clothing with UPF 30 or higher for outdoor protection. DragonWear exceeds that standard.



## Know the Warning Signs

Crews should regularly check their skin for early signs of sun-related damage. Here are a few to watch for:

- Rough, scaly, or dry patches that don't heal (actinic keratosis)
- New or changing moles
- Irregular borders or discoloration on spots
- Persistent itching or bleeding lesions

Early detection matters. Encourage your team to get annual skin exams and speak up if something looks off.

## Habits That Help Skin Cancer Prevention

Preventing skin cancer doesn't require overhauling your workday. It starts with simple, daily habits:

- Wear a minimum of UPF 30 clothing that covers arms and neck
- Use broad-spectrum SPF 50 or higher sunscreen on exposed areas like the face and hands
- Apply sunscreen 20 minutes prior to sun exposure and reapply sunscreen every two hours, especially after sweating
- Wear a hard hat sunshade, or helmet shroud, and UV-blocking eyewear
- Get familiar with your skin, and check it monthly



## Pro Dry® Tech: Built for Heat, Designed for Protection

The Pro Dry® Tech Collection is made for hardworking crews facing real summer hazards, from heat stress to sun exposure. With features like:

- Built-in UPF 50+ sun protection
- Moisture-wicking and breathable fabric
- NFPA 70E CAT 2 flame and arc resistance
- Lightweight comfort built to layer

Your crew shouldn't have to choose between comfort and safety. DragonWear makes sure they don't have to.

## Sources

- CDC: <https://www.cdc.gov/niosh/outdoor-workers/about/sun-exposure.html>
- The Skin Cancer Foundation: <https://www.skincancer.org/skin-cancer-prevention/sun-protection/clothing/>
- The Skin Cancer Foundation: <https://www.skincancer.org/risk-factors/working-outdoors/>
- American Scientist: <https://www.americanscientist.org/article/sunshine-on-a-cloudy-day>
- American Cancer Society – Signs and Symptoms of Skin Cancer: <https://www.cancer.org/cancer/skin-cancer.html>

