

SKIN CANCER

**Prevention
is better than cure!**



**If you don't apply sun protection -
the effects can be shocking!**



A look **NOT** to die for

The summer's here and there is nothing like feeling the sun on your skin and getting a tan while you work – Is there?

Did you know that Skin Cancer kills more people in the UK than Australia, so there's definitely nothing cool about exposing yourself to too much sun. **Here are some surprising facts about being out in the Sun;**

- Skin cancer rates are increasing in the UK. There are over 11,700 cases of malignant melanoma (serious form of skin cancer) diagnosed every year and approximately 2600 people die from this every year.
- Outdoor workers are particularly at risk and you can't feel UV rays damaging your skin – it happens even when the sun doesn't feel hot.
- Getting painful sunburn just once every 2 years can triple your risk of getting skin cancer.

Apply sun protection and PUT SKIN CANCER IN THE SHADE!



The following advice will minimise the chances of skin cancer damage due to sun exposure. The most effective preventative measure is to avoid exposure to direct sunlight when the sun is at its strongest. If this is unavoidable only expose the skin for short periods and whilst protected with high sun protection factor cream or lotion.

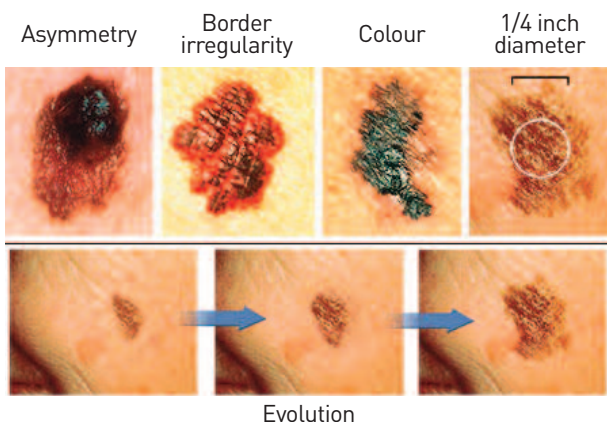
The main tips for dealing with heat this summer are;

- Cover up skin with lightweight clothing and/or PPE
- Use a minimum SPF 15 sunscreen
Put plenty on a re-apply regularly to exposed areas of skin
- Check your skin for any changes
- Carry a bottle of water –
Keep hydrated at all times



What to look for in terms of signs of Skin Cancer?

The chart below provides an indication of the types of moles/growths found on the skin and the differences between a mole and a melanoma.



- **Asymmetry.** One half doesn't match the appearance of the other half.
- **Border irregularity.** The edges are ragged, notched, or blurred.
- **Colour.** The color (pigmentation) is not uniform. Shades of tan, brown, and black are present. Dashes of red, white, and blue add to a mottled appearance.
- **Diameter.** The size of the mole is greater than 1/4 inch (6 mm), about the size of a pencil eraser. Any growth of a mole should be evaluated.
- **Evolution.** There is a change in the size, shape, symptoms (such as itching or tenderness), surface (especially bleeding), or color of a mole.

REMEMBER:

If you work outdoors, you double the risk of skin cancer and spotting the signs early could save your life.

