

What Causes it?

Why Does it Matter?

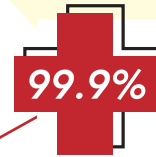


Exposure to UV rays from sunlight is the most common cause of skin cancer.



1 in every 5 Americans will develop skin cancer in their lifetime.**

UV rays from the sun can damage your skin and cell DNA.



If skin cancer is detected and treated early, there is a 99.9% survival rate.

Getting sunburned five times can more than double your risk of getting skin cancer.



If left untreated skin cancer can spread to vital organs, becoming fatal.

Outdoor professionals face double the risk of skin cancer compared to indoor workers.*



Anyone, no matter their skin tone, can develop skin cancer.



Using sunscreen and practicing sun protection can help reduce the \$9 billion spent annually on skin cancer treatments in the U.S.

Most Common

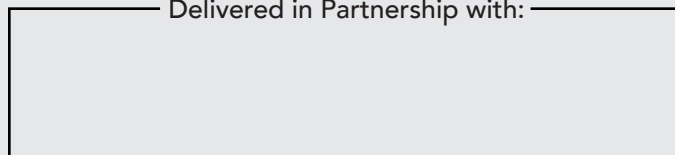
Rarest

Basal Cell Carcinoma	Squamous Cell Carcinoma	Melanoma
Round flesh colored growth	Firm red scaly bump	Irregular borders with ragged or blurred outline
Commonly found on head, neck, and arms	Commonly found on face, neck, arms, chest, and ears	Commonly found on arms, back, face, and legs
Can damage nerves and bone	Can damage healthy tissues and organs	Can spread to other body parts and damage surrounding cells

Less Dangerous

Most Dangerous (Deadly)

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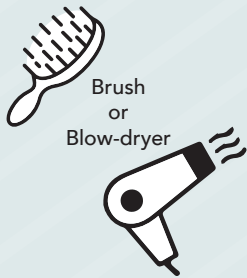


* Symanzik C, John SM. Prevention of Occupational Skin Cancer Caused by Solar Ultraviolet Radiation Exposure: Recent Achievements and Perspectives. *Dermato.* 2024; 4(2):46-59. <https://doi.org/10.3390/dermato4020006>

** <https://www.aad.org/media/stats-skin-cancer>

Do It Yourself: Skin Self-Exam

What You Need



Two Chairs



What To Look For

The ABCDE's of Skin Cancer

A

symmetry:

One half of your mole/growth does not match the other half

B

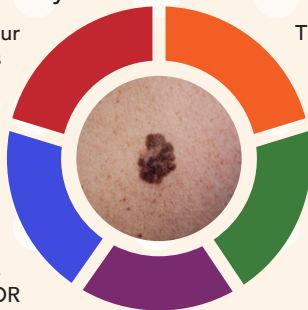
order:

The edges of your mole/growth are uneven

E

volving:

Your mole/growth has changed size, shape, or color, OR its bleeding, crusting, or itching



C

olor:

Your mole/growth has different colors

D

iameter:

Your mole/growth is larger than a pencil eraser (1/4 of an inch)

Steps You Take:



1 Check Your Entire Face

Use your hand-mirror to see behind your ears.



2 Check Your Scalp

Use a blow-dryer or brush to move your hair away; ask someone to help if you can.



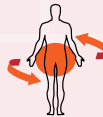
3 Check Your Hands & Arms

This includes your palms, between fingers, under nails & even your armpits.



4 Check Your Torso

In the full-length mirror, check your neck, chest, stomach area & under your breasts.



5 Check Your Backside

Have your back facing the full-length mirror & use the hand-mirror for a closer look at your shoulders, neck, upper arms & butt.



6 Check Your Legs

Look at the front & back, your ankles & feet. (Toes, toenails, & underneath too) Sit & put one leg on a chair at a time to check your private areas & between your legs.



If you notice anything unusual, please contact your healthcare provider.

To find a provider visit:
www.zocdoc.com

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WORK SPACE**

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Protecting Your Outdoor Employees From the Sun

Use These Sun Safe Tips to Protect Employees



Schedule breaks in the shade.

Encourage sunscreen application throughout shifts.

Sun Safe Tip:

Create a sunscreen station at work sites.



Encourage the use of protective clothing (Example: long sleeve shirts, sleeves, hats, sunglasses, etc.)

Sun Safe Tip:

Provide shade tents, shelters, and/or cooling stations.



Decrease UV reflection by covering bright or shiny surfaces.

Some of these surfaces reflect back the UV rays and create another source of sun exposure.

Sun Safe Tip:

Remove reflective metals and surfaces (even cars!) from the working area to prevent another source of UV rays exposure



Create work schedules that minimize sun exposure.

Sun Safe Tip:

Schedule the most strenuous tasks around the coolest parts of the workday.

Why Employers Should Invest In Skin Cancer Prevention?

Loss of Productivity and Profits



The CDC estimates that Americans **lose more than \$100 million in productivity** annually as a result of restricted activity and absences from work due to skin cancer.

Worker's Compensation Claims



There have been **many successful workers' compensation claim cases for skin cancer** and other heat-related injuries/illnesses due to working in the sun for long periods of time.

Introducing UV protection measures in the workplace can help protect employees and limit claims.

Increased Risk of Cancer for Workers Later in Life



Repeated UV exposure significantly increases skin cancer risk, with just **five sunburns doubling melanoma** chances.

The skin damage caused by UV rays can build up over time even without visible signs of a sun burn.

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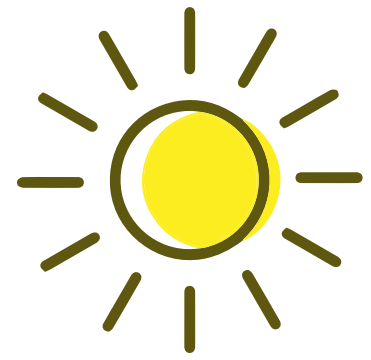
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Be Sun Safe At Work

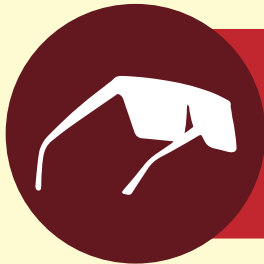
How To Reduce Your Risk Of Skin Cancer



Sunscreen

Use Broad-Spectrum Sunscreen with at least 30 SPF

- UV radiation from sunlight can damage skin in just 15 minutes.
- UVA rays cause loss of elasticity, aging, wrinkling, and tanning.
- UVB rays or burning rays, increases risk of skin cancer.
- Reapply sunscreen every 2 hours.



Clothing & Sunglasses

Wear protective clothing and eye wear

- Wear light and loose clothing. Look for materials like lycra, elastane, nylon, and polyester.
- Wear wide-brimmed hats.
- Wear sunglasses with UV400 rating or 100% UV protection on the label.



Shade

Spend more time under shade and in air conditioning when possible

- There is high UV exposure from 10 am to 2 pm, try to limit exposure during this time and plan to do more strenuous outdoor tasks outside this time frame.



Medical Factors

Be aware of medications and products that increase photosensitivity or sun sensitivity

- Check product labels for warnings about increased sun sensitivity or photosensitivity.
- Medications that increase sensitivity to sunlight include antibiotics, cholesterol lowering drugs, cold medicine, and more.



Drink hydrating fluids often, even if you do not feel thirsty.



Give yourself a self skin exam, checking your skin from head to toe. Look for changes or anything unusual.

