UV Safety and Skin Cancer Prevention Tailgate Talk

Slide 1 – UV Safety and Skin Cancer Prevention

- This 10-minute tailgate talk will help you put sun safety into practice on the job in order to reduce your risk of over-exposure to the sun's ultraviolet radiation that can cause sunburn, eye injury, and skin cancer.

UV Safety and Skin Cancer Prevention Tailgate Talk

Slide 2 – Skin Cancer Overview

- Skin cancer is the most serious result of over-exposure to UV.
- UV causes about 9 out of every 10 skin cancers.
- And there are a lot of skin cancers each year in the U.S. – more than 5 million – making skin cancer the most common type of cancer in the country.
- Men get skin cancer twice as often as women. Perhaps because more men work outdoors and men are less likely to protect themselves.
- Fortunately, most skin cancers are not life-threatening.
- And most skin cancer is preventable.

Skin Cancer Overview

- There are over 5 million cases of skin cancer in the U.S. each year.
- UV causes about 90% of all skin cancers.
- Men get skin cancer twice as often as women.
- Most skin cancer is preventable.

Slide 3 – Six Skin Types

- Your risk for skin cancer is largely related to your skin type.
- There are six common skin types – shown here.
- People with Skin Types 1 and 2 have the highest risk for skin cancer. Fair-skinned people have less melanin, or pigment, in their skin. Their skin tends to burn easily.
- People with Skin Type 3 have medium risk.
- And people with Skin Types 4, 5 and 6 have lower risk. They have more melanin which can provide some natural protection.
- However, even if you have dark skin, your risk for skin cancer is not zero. And if people with darker skin do get skin cancer, it is more likely to be diagnosed at a later stage when it's more difficult to treat.
- Prevention and early detection are important for everyone – but people with lighter skin need to take more precautions than other people.

The Six Skin Types






1 2 3 4 5 6

Highest risk
Always burns, rarely tans

Medium risk

Lowest risk
Rarely burns

- ✓ Blonde or red hair
- ✓ Blue, green or gray eyes
- ✓ Fair skin
- ✓ Freckles easily
- ✓ Burns easily
- ✓ Many moles

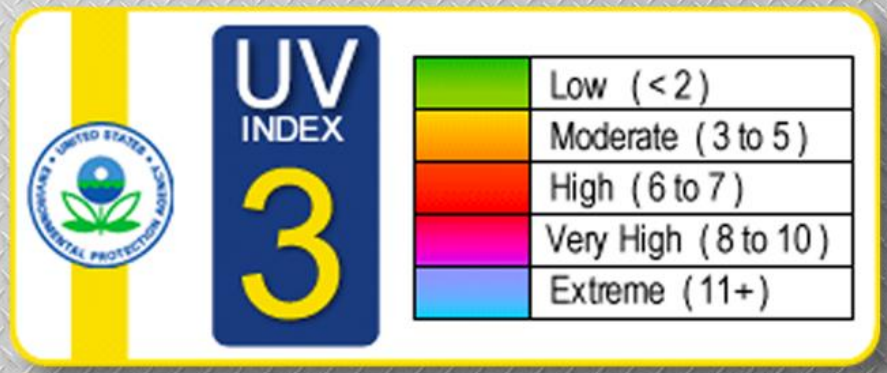
- ✓ Risk for skin cancer is not zero
- ✓ Diagnosed at later stage
- ✓ Prevention and early detection are important

Slide 4 – The UV Index

- Your risk for skin cancer is also largely related to how much UV you are exposed to each day.
- UV is not high all the time or in every location, so it's a good idea to check the EPA's UV Index online to know when to take precautions.
- The UV Index is a measure of UV intensity – similar to the concept of temperature but not the same type of energy.
- UV is strongest in the middle of the day -- the hours around noon when the sun is directly overhead.
- But it can also be high from late morning to late afternoon. So, to be safe, sun protection is important between 10 am and 4 pm every day.

The UV Index

- **Check the UV Index every day.**
- **Take precautions when UV is 3 or higher.**
- **Protect your skin between 10 am to 4 pm.**



www.epa.gov/sunsafety

Slide 5 – Factors that Increase UV

- Generally, UV is stronger from Spring through Autumn.
- UV is higher in southern states than northern states because they are closer to the equator.
- UV is also more intense at higher elevations. It's easy to get sunburned in the mountains even in the winter.
- Clouds aren't a reliable sunblock; they screen only about 20-40% of UV.

Factors that Increase UV

UV is stronger:

- In spring, summer, and autumn
- In southern states
- At higher elevations
- On clear, sunny days

Slide 6 – Vehicles and UV Exposure

- If you spend part of your day in a vehicle, know that untinted windows can block some, but not all, UV. And an open window isn't protective at all.
- Interestingly, more skin cancer occurs on the left side of the body in the U.S. where the driver's seat is on the left - and more skin cancer occurs on the right side of the body in Australia where the driver's seat is on the right.
- If you drive with your arm out the window, be sure to have on sunscreen or a long-sleeved shirt for protection.

Vehicles & UV Exposure

- A vehicle can be a source of shade.
- But…glass does not block all UV.
- With the window down, wear long sleeves or sunscreen.

Slide 7 – Tools for Sun Safety

- There are 5 main things you can do to protect yourself from too much UV on the job.
- They are: clothing, hats, sunscreen, shade, and sunglasses.
- Let’s talk about each one.

GO sun Smart At Work

Tools for Sun Safety

Slide 8 – Sun Protective Clothing

- Clothing is one of the most powerful tools you can use to protect yourself from the sun.
- Some clothing block 100% of harmful UV rays. Sunscreen can't do that.
- And your clothing doesn't wash off, wear off, or sweat off.
- Your clothing doesn't have to be reapplied, and it lasts all day.
- Wear clothes that cover more skin, like long-sleeved shirts instead of t-shirts.
- And wear hats with a wide-brim or back flap when you can. A baseball hat is good, but a wide-brimmed hat protects your ears and back of the neck.
- Or use a bandana around your neck for added protection.
- Don't wear shirts that are too dark or heavy in hot weather. Choose clothing that keeps you cool and wicks sweat away.

Sun Protective Clothing

- Wear wide-brimmed hats.
- Wear clothes that cover more skin.
- Fabrics with tighter weave block more UV.
- Darker colors absorb more UV.

Slide 9 – Sunscreen Use

- Apply sunscreen to all skin not covered by your clothing.
- Apply a thick coat in the morning.
- Reapply it at least once at midday to ensure good coverage.
- Don’t forget lip balm with SPF for your lips; they can be very sensitive to the sun.
- Use water-resistant sunscreen if you’re sweating or get wet on the job.
- And make sunscreen a daily habit.

Sunscreen Use

1. Use SPF 30 or more.
2. Find one you like.
3. Use lip balm with SPF 15 or higher.
4. Use water-resistant for sweating.
5. Make sunscreen a daily habit!

Slide 10 – Sunscreen SPF

Now let's look at some sunscreen specifics:

- The SPF -- Sun Protection Factor – tells you how strong the protection is and about how long it will last.
- The higher the SPF, the more protection and the longer it will last.
- Sunscreen should be at least an SPF of 15. SPF 30 is better for longer protection at work. SPF 50 is good, too, but SPF 100 is not necessary.
- And no sunscreen provides 100% protection. That's why it's not called "sunblock" anymore.

Sunscreen SPF

Sun Protection Factor (SPF) measures UVB protection.

Wear SPF 30 or higher.

Higher SPF

- ✓ Stronger protection
- ✓ Longer protection

Slide 11 – Types of Sunscreen

- There are two different types of sunscreen – ones with chemical UV absorbers and ones with physical UV reflectors.
- If you don't want to put chemicals on your skin, choose sunscreens with titanium dioxide or zinc oxide. These are often called mineral sunscreens.

Types of Sunscreen

Chemical absorbers

Drug Facts

Active Ingredients	Purpose
Avobenzone 2.00%, Octyl Methoxycinnamate 7.5%, Oxybenzone 4.00%,	.....Sunscreen

Uses

- provides high protection against sunburn.

Warnings

For external use only.

Avoid contact with eyes.
If contact occurs, flush thoroughly with water.

Stop use and ask a doctor if rash or irritation develops and lasts.

Keep out of reach of children.

Directions

- Apply liberally before sun exposure. Reapply as needed or after towel drying, swimming, or perspiring.
- Children under 6 months of age: ask a doctor.

Inactive Ingredients

*Mineral sunscreens:
Titanium dioxide
Zinc oxide

Physical Reflectors*

Drug Facts

Active ingredient	Purpose
Zinc Oxide 20%.....	Sunscreen

Uses

- helps prevent sunburn
- if used as directed with other sun protection measures (see ***Directions***), decreases the risk of skin cancer and early skin aging caused by the sun

Warnings

For external use only

Do not use on damaged or broken skin

When using this product keep out of eyes. Rinse with water to remove.

Stop use and ask a doctor if rash occurs

Keep out of reach of children. If product is swallowed, get medical help or contact a Poison Control Center right away.

Directions

- apply liberally 15 minutes before sun exposure.
- use a water resistant sunscreen if swimming or sweating
- reapply at least every 2 hours
- children under 6 months: Ask a doctor
- **Sun Protection Measures.** Spending time in the sun increases your risk of skin cancer and early skin aging. To decrease this risk, regularly use a sunscreen with a broad spectrum SPF of 15 or higher and other sun protection measures including:

Slide 12 – Shade

- Shade is another tool you can use to protect yourself from UV.
- Use shade canopies on heavy equipment.
- Take breaks in the shade.
- Look for shade around you such as trees or vehicles.
- Or bring shade with you when you can, such as umbrellas or pop-ups.
- And wear “shades” for your eyes. Sunglasses block 99-100% of UV.

Shade

Use shade whenever you can

- ✓ Equipment attachment
- ✓ Leafy tree or vehicles
- ✓ Building or bridge
- ✓ Umbrella or canopy
- ✓ Sunglasses "shade" your eyes

Slide 13 – Detect Skin Cancer Early

- Nearly all skin cancer can be treated successfully if it's detected early.
- Fortunately, most skin cancer shows us that it's there – we just need to look for it.

Detect Skin Cancer Early

At least 95% of skin cancers can be treated successfully,

IF DETECTED EARLY.

So, examine your skin closely.

Slide 14 – Examine Your Skin

- So, you need to get to know your skin – all of it.
- Skin cancer can show up anywhere – not just on sun-exposed places.
- So, you have to look <u>everywhere</u>.
- Use a wall mirror and a hand mirror to see all of your skin.

Examine Your Skin

1

Examine naked self, front and back, in a large mirror.

2

Look carefully at forearms, underarms, and palms.

3

Look at the backs of legs, the spaces between toes, and the soles of feet.

4

Examine the back of neck and scalp.

5

Check entire backside with a hand mirror.

Slide 15 – Look for Changes in Moles

- The most serious type of skin cancer – melanoma – often develops from a normal mole.
- The American Academy of Dermatology's A.B.C.D.E. Rules describe what kind of changes to look for in moles.
- A is for Asymmetry: One half of the mole doesn't match the other half.
- B is for Border: The edges are ragged, irregular, or poorly defined.
- C is for Color: The color varies from one area to another. Look for differing shades of brown or black, and sometimes white, red, or blue.
- D is for Diameter: The area is larger than the size of a pencil eraser -- and is growing larger.
- E is for Evolving: If you see any changes in a mole, a new mole, or any other unusual changes in your skin, show it to your doctor.

Look for Changes in Moles

Slide 16 – Acknowledgments

- Practice sun safety on the job.
- Try not to get sunburned.
- And check your skin for signs of skin cancer.
- Thank you for your attention.
- Have a sun safe day!

Acknowledgments