

# Skin Cancer

*Skin cancer is the most common type of cancer. Each year thousands of people die from melanoma, the deadliest form of skin cancer. Working outside for all or part of the day exposes construction workers to ultraviolet (UV) radiation from the sun, even when it's cloudy outside. Exposure to UV radiation increases the risk for skin cancer.*

## Josh's Story

Josh is a painter and spends a lot of time working outdoors. Over the years, he has gotten many sunburns. One day, he notices a mole on his arm that is normally brown has turned black and red. He goes to a dermatologist to have it checked and is told that he has melanoma. Luckily, Josh caught it early enough to be treated.

- ✂ **Have you had sunburns from working outside?**
- ✂ **Do you know someone that developed skin cancer?**
- ✂ **What could Josh have done to protect himself from developing skin cancer?**

## Remember This

- Use a broad-spectrum, water-resistant sunscreen with a sun protection factor (SPF) of 30 or higher. A broad-spectrum sunscreen protects against UVA and UVB radiation.

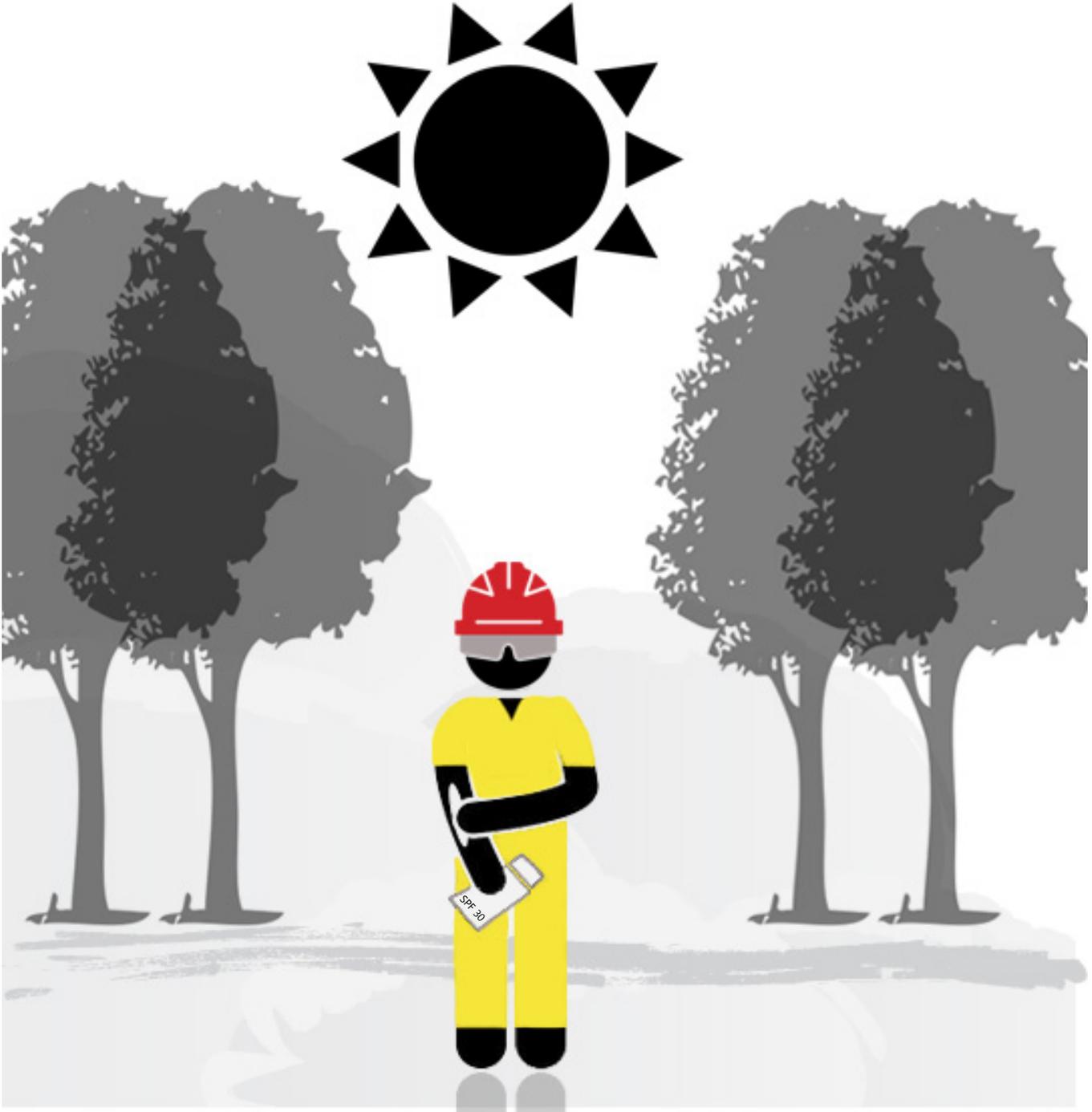
- Reapply sunscreen every two hours, or after excessive sweating.
- Water, snow, sand, concrete, and metal reflect and intensify UV radiation and increase your chance of getting sunburned.
- Wear tightly-woven and loose-fitting long-sleeved shirts and pants.
- Protect the back of your neck with a cloth flap designed to attach to your hard hat.
- Ask your employer for safety glasses that also provide protection against UVA and UVB radiation. They can be clear. The lens color has nothing to do with UV protection.
- Stay in the shade as much as possible and when taking breaks. The sun is strongest between 10 a.m. and 4 p.m.
- Examine your skin from head-to-toe every month. The most important signs to look for are moles that change in size, color, or shape, new growths, and sores or patches that bleed and don't heal.

## How can we stay safe today?

What can we do today to protect our skin and reduce the risk for skin cancer?

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2. \_\_\_\_\_  
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# Skin Cancer



- ✘ Use a broad-spectrum, water-resistant sunscreen—SPF of 30 or higher.
- ✘ Wear sunscreen even when it's cloudy. Harmful UV radiation can pass through clouds.
- ✘ Wear sunscreen regardless of your skin tone. Everyone can get skin cancer.