



# Safety Tip of the Week

## Skin Cancer Due to Sun Exposure

Overexposure to ultraviolet (UV) radiation from the sun can result in a painful sunburn. It can also lead to more serious health problems, including skin cancer, premature aging of the skin, cataracts and other eye damage, and immune system suppression.

Most people are not aware that skin cancer, while largely preventable, is the most common form of cancer in the United States. More than 3.5 million new cases of skin cancer are diagnosed annually.



Malignant Melanoma

### Ways to Protect Your Skin

- Wear sunscreen every day, in all weather and in every season. It should have a sun protection factor (SPF) of 30 and say "broad-spectrum" on the label, which means it protects against the sun's UVA and UVB rays. Put it on at least 15 minutes before going outside. Use 1 ounce, which would fill a shot glass;
- Reapply sunscreen at least every 80 minutes, or more often if you're sweating or swimming;
- Wear sunglasses with total UV protection;
- Wear a wide-brimmed hat, long-sleeved shirt, and pants;
- Avoid being out in the sun as much as possible from 10 a.m. to 2 p.m.;
- Check your skin regularly so you know what's normal for you and to notice any changes or new growths;
- Choose cosmetics and contact lenses that offer UV protection. You still need to use sunscreen and wear sunglasses with broad-spectrum sun protection; and
- Don't use tanning beds.

***DON'T LET CANCER...GET UNDER YOUR SKIN!!***