



**Sun Protection
Month**

eSafetyLine

A Self-Exam How To

The Skin Cancer Foundation recommends those at risk for developing skin cancer examine their skin from head to toe every month. This will help lead to early diagnosis of any suspicious looking marks or growths. Early diagnosis is the best method for a full recovery and cure. Anyone working in construction falls into this high risk category and should perform a monthly exam. It's a lot easier than it sounds and may just save your life.

When doing the exam you look at every part of the skin and look for anything odd and any changes from the previous month's exam. In short, you're looking for any precancerous or cancerous growths. To complete the exam you'll need a bright light, a full length mirror, a hand-held mirror, two chairs or stools and a blow-dryer. The exam can be done in just 5 steps:

1. Using the mirrors, examine your head and face. Next examine your scalp, use the blow-dryer to move your hair out of the way if necessary.
2. Check both hands, including all the nails. Examine your elbows, arms and underarms, this is where the full length mirror will be a big help.
3. Look carefully over the neck, chest and torso. Women need to be sure to check under both breasts.
4. With your back facing the full length mirror, use the hand-mirror to check the back of your neck, shoulders, upper arms, back, buttocks and legs.
5. Sit down and check your legs and feet. Be sure to include the soles, heels and toenails. Use the hand mirror to check the skin of your genitals.

Precancerous and cancerous growths can look different on different people. So it can be difficult to say exactly what to look for. The best rule of thumb is to look for any changes from one month to the next. Basal cell carcinoma (BCC), squamous cell carcinoma (SCC) and malignant melanoma are the three main types of skin cancers. The main thing they all have in common is their cause: overexposure to the sun.

BCC and SCC both have excellent cure rates, especially when found and treated early. Malignant melanoma is the most serious form of skin cancer and can be deadly unless discovered early. BCC and SCC often appear as persistent sores, crusty areas or almost wart-like. Malignant melanoma typically first appear as a mole or colored patch on the skin and can rapidly grow and spread (metastasize) to other parts of the body.

The best way to protect yourself against all types of skin cancers is through prevention; using sunscreens and self exams for early detection. The Skin Cancer Foundation also recommends a yearly head to toe skin exam by a trained dermatologist.

Discussion Questions

What are the three main types of skin cancer?

Why should you perform a monthly skin exam?

MEETING / TRAINING ATTENDANCE ROSTER

COMPANY: _____

_____ SAFETY MEETING

JOB/DEPT: _____

_____ SAFETY TRAINING

DATE: ___/___/_____

TIME: _____

TOPICS ADDRESSED: _____

EMPLOYEE'S SIGNATURES

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EMPLOYEE SUGGESTIONS AND RECOMMENDATIONS: _____

ACTION TAKEN: _____

Supervisor's Signature

_____/_____/_____
Date

Safety Coordinator's Signature

_____/_____/_____
Date