



**Sun Protection
Month**

eSafetyLine

What's Your Burn Risk

Exposure to the sun is the primary cause of all skin cancers. Skin cancer is the most common form of cancer in the United States. The Skin Cancer Foundation states that men over 50 are more than twice as likely as women to develop and die from skin cancer. This translates to bad news for construction workers that work outside most of the time because they tend to spend long days for months at a time baking in the sun. Why is this? Most construction workers are men and men spend more time in the sun. Combine the time spent in the sun and that most men don't use sunscreen and you have a high-risk combination for skin cancer. Other risk factors for developing skin cancer include:

- Your race- white people and those that are light skin are at greater risk to develop all types of skin cancers. While melanoma (the deadliest type of skin cancer) is uncommon in African-Americans, Latinos and Asians, it is most deadly for these populations because it is more likely to go undiagnosed longer.
- Amount of hair- men typically have less hair covering their ears and scalp and these are two of the more common spots where men develop skin cancers.
- Lotion use- most men won't take the time to buy a sunscreen lotion at a store. A small study found that only 10% of construction workers used sunscreen on a regular basis which is well below the national average. Also those that did use sunscreen didn't apply enough and didn't reapply frequently enough.

- Hat wearing- while many men wear a baseball cap, which is better than nothing, it is far from ideal. It only protects the forehead and front of the face doing nothing for the neck or side of the face. A better choice would be a hat with a wide brim around all sides of the hat.
- Going to the doctor- 3 times more men than women avoided doctors when they had a persisting MINOR medical symptom. Also many neglected the routine screenings for many conditions, skin cancers included, even when offered free medical care.
- Perform self-exams- middle aged and older men are the least likely to perform a self-exam for any skin abnormalities. It is a well known fact that the best way to increase survival for ANY cancer is with early diagnosis and treatment.

The prevention of skin cancer is really quite easy once you understand your risks. Most individuals involved in the construction industry are at an elevated risk for all skin cancers simply by doing their job. By using sunscreen, doing self-exams and going to the dermatologist regularly this risk can be minimized.

Discussion Questions

Why are male construction workers at such high risk for getting skin cancer?

Why do males avoid going to the doctor for routine screenings?

MEETING / TRAINING ATTENDANCE ROSTER

COMPANY: _____

_____ SAFETY MEETING

JOB/DEPT: _____

_____ SAFETY TRAINING

DATE: ___/___/_____

TIME: _____

TOPICS ADDRESSED: _____

EMPLOYEE'S SIGNATURES

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

EMPLOYEE SUGGESTIONS AND RECOMMENDATIONS: _____

ACTION TAKEN: _____

Supervisor's Signature

_____/_____/_____
Date

Safety Coordinator's Signature

_____/_____/_____
Date