



Health and Wellness
Month

eSafetyLine

Skin Cancers

Skin cancer typically isn't an "at work hazard" for most people. However for those working in the various trades, being outdoors for most of the working day is business as usual. Because of this, the risk of skin cancer tends to be higher. There are three types of cancers that affect the skin:

- **Basal Cell Carcinoma (BCC)** - This is the most common type of skin cancer as well as the most common of all cancers. It begins in the cells of the deepest layer of the epidermis (top skin layer). Almost all are found on parts of the body with excessive exposure to the sun — especially the face, ears, neck, scalp, shoulders, and back. In a few cases, contact with arsenic, exposure to radiation, open sores that resist healing, and complications of burns, scars, or even tattoos can increase the risk of developing BCC. Those at highest risk typically have fair skin, blond or red hair, and blue, green, or grey eyes. Dermatologists report a sharp increase in people in their twenties and thirties are being treated for this skin cancer. Basal cell carcinomas can be easily treated in their early stages. Although BCC seldom spreads (metastasizes) to vital organs, it can damage surrounding tissue and some basal cell carcinomas are more aggressive than others.
- **Squamous Cell Carcinoma (SCC)** - This is the second most common skin cancer and occurs in the cells that make up most of the skin's upper layers (epidermis). SCC can occur on all areas of the body including the linings of the mouth, nose and genitals, but are most likely to occur in areas frequently exposed to the sun, such as the rim of the ear, lower lip, face, bald scalp, neck, hands, arms and legs. People who have fair skin, light hair, and blue, green, or gray eyes are at highest risk of developing the disease. But anyone with substantial sun exposure is at increased risk. Anyone who has had BCC is also more likely to develop an SCC. The majority of skin cancers in African-Americans are SCC, usually found on areas of preexisting skin conditions or burn injuries. Chronic exposure to sunlight causes most cases of squamous cell carcinoma. Frequent use of tanning beds also

multiplies the risk of SCC; people who use tanning beds are 2.5 times more likely to develop SCC than those who don't. The cancer can arise in burns, scars, ulcers, and sites previously exposed to X-rays or certain chemicals (such as arsenic and petroleum by-products).

- Malignant Melanoma- This is the most serious form of skin cancer, however, early diagnosis can allow it to be nearly 100 percent curable. This cancer can advance and spread to other parts of the body, where it becomes hard to treat and can be fatal. It is far from the most common of the skin cancers, but it causes the most deaths. This is a cancer that starts in the melanocytes, the cells which produce the pigment that colors our skin, hair, and eyes. Everyone is at some risk for melanoma, but increased risk depends on several factors: sun exposure, number of moles on the skin, skin type and family history. It is a relatively new finding but increase sun exposure increases the risk of developing Malignant Melanoma, this includes the use of tanning beds. Dermatologists have also found a connection between the number of moles on the skin and the possibility of developing Malignant Melanoma: the more moles, the greater the risk. Another consistent point across all skin cancer types is that those with fairer skin are at increased risk. Malignant Melanoma more than the other types of skin cancers have been found to occur in families. If you have a family that has been diagnosed with this cancer it is crucially important to visit a dermatologist each year for a thorough check up.

Discussion Questions

What is the most dangerous form of skin cancer?

What is a common cause of all three cancers?

MEETING / TRAINING ATTENDANCE ROSTER

COMPANY: _____

_____ SAFETY MEETING

JOB/DEPT: _____

_____ SAFETY TRAINING

DATE: ___/___/_____

TIME: _____

TOPICS ADDRESSED: _____

EMPLOYEE'S SIGNATURES

_____	_____	_____
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_____	_____	_____
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EMPLOYEE SUGGESTIONS AND RECOMMENDATIONS: _____

ACTION TAKEN: _____

Supervisor's Signature

_____/_____/_____
Date

Safety Coordinator's Signature

_____/_____/_____
Date