



Things to Do Before Training

- Have a long sleeve shirt, long pants, and a wide brim hard hat available to show crew the proper clothing for protecting the skin from sun exposure.
- Have a pair of safety glasses that provide UV (ultraviolet) protection.
- Have a bottle of sunscreen with a minimum 15 SPF (sun protection factor).

Introduction

Sunburn is the effect of ultraviolet radiation from the sun on the skin. With pollution reducing protective ozone, the risks of sun exposure have increased. Those risks include several types of skin cancer.

When we work any time in the sun, especially in spring and summer, we need to minimize the hazards of exposure to the sun's rays.

QUESTIONS TO ASK

- What can we do to protect ourselves from the sun's rays?
- What are some of the consequences of exposure to the sun's rays?
- What is melanoma?
- Who here knows someone who has had skin cancer? What happened?



ACTIONS TO TAKE

- Have each worker take a look at the clothing he or she is wearing and let him or her comment if it is adequate for providing sun protection. **REMEMBER:** As much skin as possible should be covered by clothing or shaded by a hat.
- If safety glasses are not UV protective, have the company buy ones that are.

Key Points to Keep in Mind

- 1 in 5 Americans is expected to get skin cancer in his or her lifetime. **This year over 1 million new cases of skin cancer will be diagnosed.**
- The sun also causes wrinkles, skin blotches, cataracts, and a weakened immune system.
- California, like other sun-belt states, presents a high-risk environment** for construction workers.
- The sun's radiation is highest from 11am to 3pm**, especially during the months March through October.
- While fair-skinned people are more prone to the hazards of the sun, **all skin types can develop skin cancer.**
- Protecting yourself from the sun is simple –**
 - Wear loose fitting long sleeve cotton shirts.
 - Wear loose fitting long cotton pants.
 - Wear a wide brim hat or hard hat if required.
 - Use sun block with an SPF of 15 or higher on all exposed skin.
 - Wear sunglasses or safety glasses with 100% UV protection.
 - Work in shaded areas whenever possible.
- The most dangerous type of skin cancer is malignant melanoma. It usually starts from or near a mole. **You should see a doctor if you have a mole with any of the following features.**
 - Jagged or rough edges
 - 2 or more colors (which may be mixed together)
 - It is wider than a standard pencil eraser.
 - It has an irregular shape; one half does not mirror the other half.