

Skin Cancer Symposium for Employee Safety

Don't Get Burned On The Job

Skin Cancer Resources

The following organizations provide useful information for skin cancer prevention education. Several of these organizations provide information in other languages and targeted to specific populations.

American Academy of Dermatology

<http://www.aad.org>

American Academy of Pediatrics

<http://www.aap.org>

American Association for Health Education

<http://www.aahperd.org>

American Cancer Society

<http://www.cancer.org>

American Melanoma Foundation

<http://www.melanomafoundation.org>

**BeSunSensible: The Sabra Dalby Rightmire Foundation
for Melanoma Education and Research**

<http://www.besunsensible.org>

Cancer Research and Prevention Foundation

<http://www.preventcancer.org>

Centers for Disease Control and Prevention

<http://www.cdc.gov/cancer>

Coalition for Skin Cancer Prevention in Maryland

<http://www.sunguardman.org>

Dermatology Nurses' Association

<http://www.dna.inurse.com>

Environmental Protection Agency

<http://www.epa.gov/sunwise>

Massachusetts Melanoma Foundation

<http://www.massmelanoma.org>

Melanoma Research Foundation

<http://www.melanoma.org>

Melanoma International Foundation

<http://www.melanomainl.org>

Melanoma Support and Education Foundation

<http://www.melanomasupport.org>

National Cancer Institute

<http://www.nci.nih.gov>

**National Institute for Arthritis and Musculoskeletal
and Skin Diseases**

<http://www.niams.nih.gov>

National Melanoma Foundation

<http://www.nationalmelanoma.org>

National Safety Council

<http://www.nsc.org>

Richard David Kann Melanoma Foundation

<http://www.melanomafoundation.com>

**SHADE Curt & Shonda Schilling Melanoma
Foundation of America**

<http://www.shadefoundation.org>

The Skin Cancer Foundation

<http://www.skincancer.org>

**Skin Cancer Prevention Program, California
Department of Health Services**

<http://www.ca5aday.com> (Click on "Skin Cancer Prevention")

Society for Pediatric Dermatology

<http://www.pedsderm.net>

Sun Protection Foundation

<http://www.sunprotectionfoundation.org>



**National Council on
Skin Cancer Prevention**

5800 Wilson Lane • Bethesda, MD 20817 • 301-529-2031 • skincancer@comcast.net • www.skincancerprevention.org



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The Basics on Sunscreens

What is sunscreen?

Sunscreen filters out the sun's dangerous UV (ultraviolet) rays. These invisible rays can cause skin cancer. Some skin cancers can cause death if not found and treated early.

Who should wear sunscreen?

People of all skin colors can get skin cancer from the sun's UV rays. Those who are most likely to get skin cancer from these rays have:

- Lighter natural skin color.
- Skin that burns, freckles, gets red easily, or becomes painful from the sun.
- Blond or red hair.
- Blue or green eyes.
- A family member who has had skin cancer.

Also, people who spend a lot of time outdoors, either for work or play, are more likely to get skin cancer from UV rays.

Which sunscreen should I use?

Use a sunscreen with a Sun Protection Factor (SPF) of 15 or higher. Sunscreens come in many forms, including ointments, creams, gels, lotions, wax sticks, and sprays.

Follow the directions on the package for using a sunscreen product on babies less than 6 months old. All products do not have the same ingredients; if your or your child's skin reacts badly to one product, try another one or call a doctor.

When do I need to apply sunscreen?

The sun's UV rays can damage your skin in as little as 15 minutes. Put sunscreen on before you go outside, even on slightly cloudy or cool days. Don't forget to put a thick layer on all parts of exposed skin. Get help for hard-to-reach places like your back.

Sunscreen wears off. Put it on again if you stay out in the sun for more than 2 hours, and after you swim or do things that make you sweat.



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Skin Cancer Prevention Tips

Sun protection is an important part of getting ready for work each day. Follow these sun-safety precautions to avoid doing damage to your skin.

1. Limit Exposure to Midday Sun

Avoid or limit exposure to the sun between 10 am and 4 pm, when UV rays are strongest and do the most damage. When outside, seek shade whenever possible.

2. Cover Up

Sunscreens alone do not protect your skin from the sun. Wear a wide-brimmed hat, tightly woven full-length clothing, and UV-protective sunglasses to shield your skin and eyes from the sun. Remember to use sunscreen on any exposed skin.

3. Use Sunscreen

Use sunscreen of SPF 15 or higher at least 15 minutes before going outside. Choose a sunscreen that has both UVA and UVB protection and apply liberally. Reapply sunscreen every two hours or more frequently after sweating or being in the water.

4. Avoid Indoor Tanning

Avoid exposure to radiation from sunlamps, tanning parlors, or other artificial tanning devices. Exposure to UV rays from any source can lead to skin damage and does not protect skin from the sun's harmful rays.



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