

SUN SAFETY AT WORK

PERSONAL RISK ASSESSMENT

If you work outdoors, you are at greater risk of developing skin cancer. Landscapers, construction workers, lifeguards, daycare staff and others who are exposed to regular doses of ultraviolet radiation are at an increased risk for skin cancer, sunburn and eye damage.

Complete the questionnaires, “**Are You at Risk?**” and “**Do You Practice Sunsense?**” to rate your personal risk and sun safety practices.

Skin cancer is preventable. Know your risks.

***Be Sun Smart.
Practise Sunsense!***

ARE YOU AT RISK?

YOUR RISK OF SKIN CANCER IS RELATED TO YOUR SKIN TYPE AND THE AMOUNT OF TIME YOU SPEND IN THE SUN. *HOW VULNERABLE ARE YOU?*

Yes No

- | | | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | I have red or blonde hair. |
| <input type="checkbox"/> | <input type="checkbox"/> | I have light coloured eyes – blue, green or gray. |
| <input type="checkbox"/> | <input type="checkbox"/> | I always burn before I tan. |
| <input type="checkbox"/> | <input type="checkbox"/> | I freckle easily. |
| <input type="checkbox"/> | <input type="checkbox"/> | I have many moles. |
| <input type="checkbox"/> | <input type="checkbox"/> | I had two or more blistering sunburns before I turned 18. |
| <input type="checkbox"/> | <input type="checkbox"/> | I lived or had long vacations in a tropical climate as a child. |
| <input type="checkbox"/> | <input type="checkbox"/> | There is a family history of skin cancer. |
| <input type="checkbox"/> | <input type="checkbox"/> | I work outdoors. |
| <input type="checkbox"/> | <input type="checkbox"/> | I spend a lot of time in outdoor activities. |

SCORING

* Score 10 points for each “YES”

* Add an additional 10 points if you use tanning booths or sun lamps.

(80-100) You are in the high-risk zone. Protect your skin from the sun by taking all precautions possible. Read on to see what changes you can make to help protect your skin.

(40-70) You are at an increased risk. Practise sun safe behaviours to prevent skin damage.

<input type="checkbox"/>	<input type="checkbox"/>	I am an indoor worker, but like to get out in the sun as much as possible when I am able.	(10-30) You are still at risk. Be aware of the dangers of the sun and protect yourself.
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Do You PRACTISE SUNSENSE?			
Score your practices...			
<i>When working outdoors, which of the following do you do?</i>	Always	Sometimes	Never
Find shade, especially during lunch and coffee breaks.	3	2	1
Wear a wide brimmed hat or neck protector.	3	2	1
Wear a long sleeved shirt and long pants.	3	2	1
Use UV protected sunglasses.	3	2	1
Apply lip balm and sunscreen of SPF 30 or higher every 2-3 hours.	3	2	1

Add up your score. A score of 12 or less may mean you need to take more steps to be sun safe.

Adapted courtesy of City of Toronto Health Department

* Check your skin regularly. Report any changes to your physician.

**For more information and resources on sun safety,
call Health Connection at
1-800-361-5653.**

