

WEEKLY SAFETY MEETING

FOR THE CONSTRUCTION INDUSTRY

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Job Name _____

Date _____

SKIN CANCER

Many construction tasks involve spending a lot of time out in the sun. Often, you may be exposed to sunlight for 10 to 12 hours a day. Exposure to ultraviolet (UV) light from the sun is the most common cause of skin cancer. The good news is that sun exposure is also **easily preventable**. In previous Safety Meetings, we have addressed other health problems associated with working in the sun. Today we'll address skin cancer and what you can do to reduce your risk of developing it.

Skin cancer is the most common type of cancer in the United States. It's defined as an uncontrolled growth of abnormal cells in the skin. Melanoma is cancer that forms in cells that make pigment. It is the least common but also the most dangerous type of skin cancer. Melanomas appear most often on the upper back, head, and neck. Skin cancer can also develop on the surface of the skin (squamous cells) or on the layers just beneath the outer layer (basal cells).

Basal cell skin cancer grows slowly and usually occurs on areas of the skin that have been exposed to the sun. It is most common on the face. This type of cancer rarely spreads to other parts of the body. Squamous cell skin cancer also occurs on parts of the body that have been in

the sun, but it can also occur in areas that are not exposed to the sun. It sometimes spreads to lymph nodes and organs inside the body.

Skin cancer can almost always be cured if it's detected and treated early. Check your skin regularly for any unusual changes. Pay attention to any spot on your skin that changes size, shape, or color. Danger signs of skin cancer include any sore or skin patch that doesn't heal properly or that looks crater-like with crusty or pearly skin. If anything seems unusual, visit your doctor as soon as possible.

Learn to protect yourself from skin-damaging exposure to the sun. Wear clothes that cover as much of your skin as possible to provide a physical barrier from UV rays. Wear a full-brim hard hat to protect your face and neck from the sun. Wear sunscreen daily. Be sure to use sunscreen with a Sun Protection Factor (SPF) of 30 or higher and a lip balm with an SPF of 15 or higher. Don't forget to put sunscreen on your ears, neck, forearms, and both hands. Ideally, you should reapply sunscreen every two hours. Try to take your breaks and eat lunch in a shaded area.

For more skin cancer information, visit the American Cancer Society at www.cancer.org.

SAFETY REMINDER

**During weekends, holidays, and vacations, protect yourself and your family from the damaging effects of the sun.
It's never too soon to teach young children about sun protection.**

Special Topics For Your Project _____

Employee Safety Recommendations _____

S.A.F.E. Cards® planned for this week _____

Reviewed MSDS # _____

Subject _____

Meeting Attended By _____

Supervisor's Signature _____

These instructions do not supersede local, state, or federal regulations.