



15 Minute Safety Presentation

Skin Cancer

15 MINUTE SAFETY PRESENTATION – SKIN CANCER

INTRODUCTION

Did you know that skin cancer rates are climbing all over the world and that the cost to the international community is estimated at over \$1 Billion annually?

LEARNING OUTCOMES

By the end of this presentation you will understand:

- who is most at risk of developing skin cancer;
- what causes it;
- how it can be prevented; and
- how it can be detected and treated.

THE RISK OF GETTING SKIN CANCER

People who live and work in hot and sunny climates are at risk of getting skin cancer.

In countries close to the equator where the sun is very intense the risk of workers contracting skin cancers is very high if the right attitude is not taken with regards to protecting yourself. People with fair skin that is easily damaged by the sun are more at risk but no matter what colour your skin, the risks remain and the rays of the sun can be fatal.

All these facts shows that we are all at risk, and research shows that skin cancer results from exposure to the sun throughout our lives. The more exposure, the more likely you are to get skin cancer.

The good news is that, almost all skin cancers can be prevented. Before we talk about prevention let's discuss what causes skin cancer.

CAUSES OF SKIN CANCER

Ultra violet radiation from the sun is the main cause of skin cancer. This type of radiation damages the skin by causing individual cells to deteriorate. Only ten minutes in the sun can result in damage to unprotected skin.

Ultra violet radiation also:

- leads to premature aging of the skin;

- causes sunburn; and
- stimulates production of melanin, which is the colouring agent in the skin.