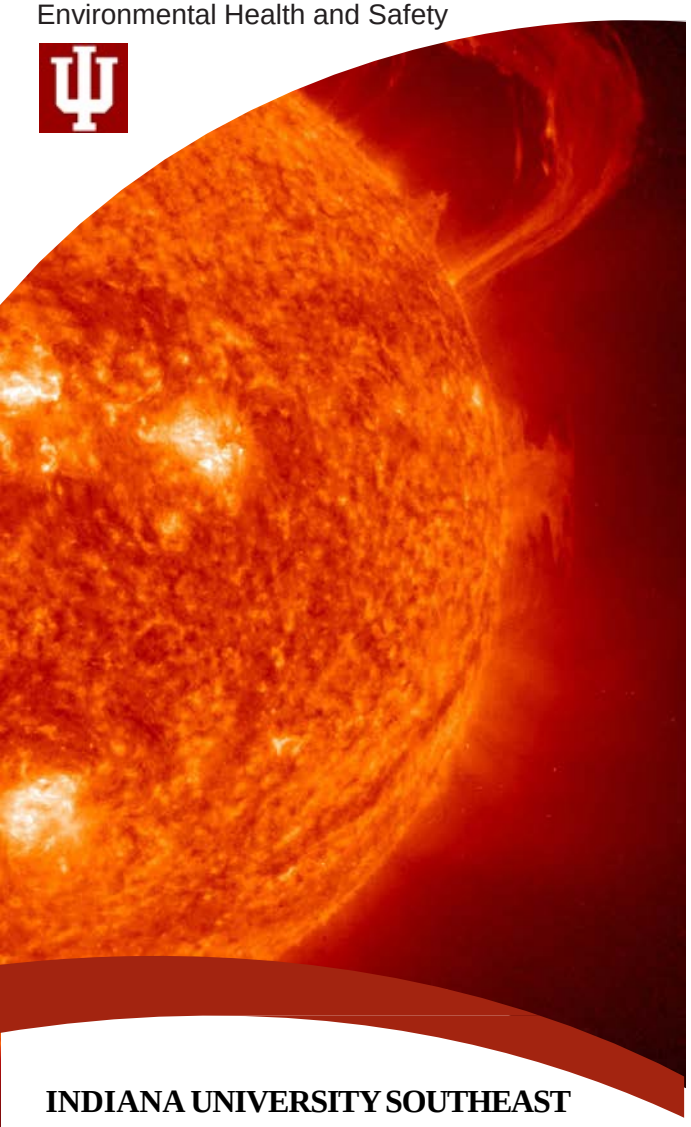
SUN PROTECTION

Environmental Health and Safety



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Skin Cancer

Approximately 1.3 Million new cases of skin cancer will be diagnosed during this year.

Skin cancer begins in the basal layer of the epidermis (the top layer of the skin). Cancers of the skin are relatively common; they occur most often on the exposed skin of the head, neck and shoulders of persons chronically exposed to sunlight.

Skin cancer examples

One in five Americans will contract skin cancer.

The incidence of malignant melanoma, the most deadly form of skin cancer, has increased 1,800 percent since 1930. Skin cancer can be prevented by using sun protection every day.

Not everyone burns or tans in the same manner. Are there ways to classify different skin types?

Whether individuals burn or tan depends on a number of factors, including their skin type, the time of year and the amount of sun exposure they have received recently. The skin's susceptibility to burning can be classified on a five-point scale as outlined in the following table:

Though everyone is at risk for damage as a result of excessive sun exposure, people with skin types I and II are at the highest risk.

Skin Type	Tanning and Burning History
I	Always burns, never tans, sensitive to sun exposure
II	Burns easily, tans minimally
III	Burns moderately, tans gradually to light brown
IV	Burns minimally, always tans well to moderately brown
V	Rarely burns, tans profusely to dark
VI	Never burns, deeply pigmented, least sensitive

SPF – EPF – UPF: learn the facts about sun protection factors.

SPF – rates sunscreen, makeup and lotion:

» Sun protection factor (SPF) ranges from 2-50+. Without protection, the sun begins to damage your skin after about five minutes of exposure. An SPF 15 will protect you for about 75 minutes (15 times longer than you would be without sunscreen.

EPF – rates sunglasses:

» Eye protection factor (EPF) is used to rate sunglasses. An EPF of 10+ =100% UV blockage.

UPF – rates sun protective clothing:

» Ultraviolet protection factor (UPF) ranges from 2-50+. This, like SPF measures how much longer protected areas can be in the sun without getting a sunburn.

What can excessive exposure to UV rays do to my health?

UV exposure appears to be the most important environmental factor in the development of skin cancer and a primary factor in the development of lip cancer. Exposure to ultraviolet radiation increases the risk of cataracts which can cloud vision… and if left untreated, may lead to blindness.

Always wear a broad-spectrum (protection against both UVA and UVB rays) sunscreen and lip screen with at least SPF 15. Remember to reapply as indicated by the manufacturer's direction. Regardless of the type of sunscreen you choose, be sure that you use one that blocks both UVA and UVB rays and that it offers at least SPF 15.

You should follow the manufacturer's directions regarding reapplication or you risk not getting the protection that you might think you are getting. Though recently developed sunscreens are more resistant to loss through sweating and getting wet than previous sunscreens were, you should still reapply frequently, especially during peak sun hours or after swimming or sweating. Also, check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf life of no more than three years. Exposure to extreme temperatures can shorten the expiration date or shelf life of sunscreen.

UV Rating	Burn Time Without Protection	Appropriate Actions	Sun Protection Factor
9-10+ Extreme	Less than 15 min.	Stay inside, if outside, use full protection	SPF 40+ every half hour
7-8 Very High	20 min.	Stay inside, if outside use full protection	SPF 40+ every hour
5-6 High	25 min.	Do not expose young children, use full protection	SPF 25 every hour
3-4 Medium	40 min.	Wear hat, sunglasses and sunscreen	SPF 15 every hour
1-2 Low	60 min.	Wear hat, sunglasses and sunscreen	SPF 15 every hour

For eye protection, wear wraparound sunglasses that provide 100 percent UV ray protection. Sunglasses should block UV light entering from the top and sides of the glasses.

Clothing

Hats can help shield your skin from the sun's UV rays. Choose a hat that provides shade for all of your head and neck. For the most protection, wear a hat with a brim all the way around that shades your face, ears and the back of your neck. Baseball caps do not provide adequate protection because they do not cover the neck or the ears, two areas especially vulnerable to skin cancer.

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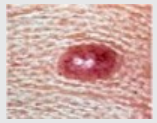
Clothing that covers your skin protects against the sun's UV rays. Loose-fitting long-sleeved shirts and long pants made from tightly woven fabric offer the best protection. A typical T-shirt actually has an SPF rating substantially lower than the recommended SPF 15.

Anytime the sun's ultraviolet (UV) rays are able to reach the earth, you need to protect yourself from excessive sun exposure. UV rays can cause skin damage during any season or temperature.

Relatively speaking, the hours between 10 a.m. and 4 p.m. during daylight savings time (9 a.m. - 3 p.m. during standard time) are the most hazardous for UV exposure in the continental United States. UV radiation is the greatest during the late spring
and early summer in North America.

Remember: UV rays reach you on cloudy and hazy days, as well as on bright and sunny days. UV rays will also reflect off any surface like water, cement, sand and snow.

Normal Mole	Melanoma	Sign	Characteristic
		Asymmetry	When half of the mole does not match the other half
		Border	When the border (edges) of the mole are ragged or irregular
		Color	When the color if the mole varies throughout
		Diameter	If the mole's diameter is larger than a pencil's eraser

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