

Sun Safety = Healthy Skin

The earlier we start practicing sun safety, the longer we will keep our skin healthy.

Protection from Skin Cancer is a Personal Responsibility

- Limit amount of time exposed to the sun
- Control time of day exposed
- Exposure to strongest rays usually occurs between 10 am and 4 pm
- Most damaging rays occur during summer months
- Use protective barriers
- Long sleeve shirts
- Wide brim hat
- Sunscreen with SPF of 15 or higher
- Sunglasses
- Sun canopy or tractor cab
- Realize sunburns can still occur on cloudy days and during winter months
- Greatest risk of skin cancer is for people who:
 - Burn easily or rarely tan
 - Freckle or have a fair complexion
 - Have blonde or red hair
 - Have sensitive skin
 - Have blue or grey eyes
 - Have a family history of skin cancer

Protect skin during first 18 years of life

Protecting skin early can reduce the risk of getting some types of skin cancer by up to 78%!

Farmers have an increased risk for skin cancer

- Increased amount of time outdoors
- Time of day outdoors (between 10 am & 4 pm)
- Limited use of canopies & cabs
- Don't always wear long sleeve shirts
- Unwillingness to wear sunscreen
- Reluctance to wear wide brimmed hat

Types of skin cancer:

Basal Cell Carcinoma

- Waxy skin eruption or small scaly patch
- Smooth growth with raised border
- Could be a smooth bump that crusts over or bleeds
- May start as a pimple or sore that doesn't heal
- 95% cure rate if diagnosed early
- Men twice as likely to get as women

Squamous Cell Carcinoma

- Scaly patch, small raised bump or tumor
- Can spread locally to lymph nodes
- 95% cure rate if diagnosed early
- Head, neck, hands, lips (tobacco, cigarettes and UV rays)
- Men three times more likely to get than women

Melanoma

- Mole that has changed
- Multi-colored dark area on skin (reddish, bluish, brown, or black)
- 50% fatality rate
- Causes 7,300 deaths per year
- Must treat early for best recovery
- Men twice as likely to get as women

The ABCD's of Skin Cancer:

- Asymmetry ~ one half of the area does not match the other half
- Border ~ the edges are uneven or ragged
- Color ~ the color is uneven with more than one shade or color present
- Diameter ~ any change in size, or if the size is larger than a pencil eraser
- Sensation ~ there are changes in the way it feels (itching, dryness, scaling, lumpy, swollen or tender)

What is Skin Cancer?

- Occurs when healthy skin cells lose their ability to limit & direct their growth
- Too much tissue is produced
- These damaged skin cells develop the ability to invade healthy skin cells and tumors form

What Causes Skin Cancer?

Ultraviolet (UV) Rays ~ Produce radiation which can alter DNA in our bodies; Americans receive 80% of sun exposure before age 20

- UVA ~ Penetrates deep into skin; tangles the DNA; skin does not appear smooth; causes premature aging: wrinkles, leathery skin; affects eyes: cataracts and corneal burns
- UVB ~ Penetrates skin cells; damages or breaks apart DNA; repeated sun exposure decreases the likelihood that damaged or broken DNA will be repaired; causes redness and sunburns

What to Look For?

Asymmetrical
Border Irregular
Color Varied
Diameter > 6 mm



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