

## Outdoor workers have a high risk for developing skin cancer

July 31, 2007

News Category: safety

According to the Canadian Dermatology Association (CDA), working outdoors will increase the risk for developing skin cancer because you are regularly exposed to the sun for long periods of time.

Adding to the danger for outdoor workers is the fact that they are often in the sun between noon and 2:00 pm when the sun's ultraviolet (UV) radiation, which will harm the skin, is at its strongest.

The good news is that skin cancer is largely preventable. You can protect yourself in these ways:

- \* Try to limit the amount of time you work outdoors in the sun from 11 am to 4 pm.
- \* Seek shade from buildings, trees, canopies, etc, as much as possible, especially during lunch and coffee breaks
- \* Wear a wide-brimmed hat (more than 8cm or 3 inches). Attach a back flap to a construction helmet to cover the back of the neck and a visor for the front of the face.
- \* Wear clothing that covers as much of the body as possible. Fabrics which do not let light through work best. Make sure clothing is loose and comfortable.
- \* Apply an SPF 30 or higher, broad spectrum (protects against UVA and UVB – look for the CDA logo) sunscreen to all exposed areas of skin before you go outside. (Croc Bloc is readily available at all TELUS supply locations.)
- \* Reapply at midday or more often if you are perspiring heavily.
- \* Apply a broad spectrum, SPF 30 lip balm.