

Skin Cancer and UV Facts and Myths

INSTRUCTIONS: Below are important facts about UV radiation and skin cancer. Participation in our company's Sun Safety Program is mandatory, so please become familiar with this information. If you have any questions, please reach out to a supervisor. After you have reviewed this information sheet, please sign and date at the bottom.

Myths—

You can't get sunburned on windy, cloudy or cool days.

Sunburn is caused by UV radiation which is not related to temperature. A cooler or windy day has a similar UV index to a warmer day. If it's windy and you get a red face it is probably a sunburn. There no such thing as "windburn".

People with olive skin are not at risk of skin cancer.

Regardless of your skin type, if you spent a lot of time in the sun as a child without adequate protection, you run a higher risk of skin cancer. People with fairer skin are at a higher risk of cancer from sun exposure, but even people of color do get skin damage and cancer from too much UV exposure.

I need to get lots of sun to get enough Vitamin D.

It's true that sun exposure helps your body produce vitamin D. But for most people, getting enough Vitamin D requires only a few minutes of daily sun exposure.

If you have a good "tan", you don't need sun protection.

The truth is, a tan is a sign of skin damage. You may not burn as easily with a tan, but the risk of skin cancer increases the more UV exposure you get. This includes tanning beds.

Facts—

- 1)** Skin cancer is one of the most PREVENTABLE forms of cancer.
- 2)** Skin cancer causes more over 90% of skin cancers.
- 3)** More people are diagnosed yearly with skin cancer in the U.S. than all other cancers combined.
- 4)** The annual cost of treating skin cancers in the U.S. is over \$8 billion.
- 5)** In the past decade (2008–2018) the number of new melanoma cases diagnosed annually has increased by 53 percent.
- 6)** People who use sunscreen with an SPF of 15 or higher daily show 24 percent less skin aging than those who do not use sunscreen daily.
- 7)** By reflecting UV radiation, water and sand increase a person's UV exposure by up to 15%. Snow increases UV by a whopping 50%!
- 8)** Outdoor workers have a 2.5 to 3.5 times greater risk of skin cancer than indoor workers.

I have read this material and understand the direct relationship exposure to UV radiation has to increasing my risk for getting skin cancer.

Employee Name

Date

Employee Signature