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## Is Your Skin Ready For The Sun?

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### Why protect your skin?

QUEENSLANDERS have the highest rate of skin cancer in Australia and the world.

Two out of three Queenslanders can expect to develop some type of skin cancer. Skin cancer and skin damage is caused by over-exposing our skin to the sun's ultra violet rays.

Outdoor workers have a higher risk of skin cancer, as they can spend many hours outside being exposed to the sun's ultraviolet rays.

The eyes can also be damaged by the sun's ultraviolet rays and need to be protected.

### How to protect you skin

Natural protection is the best:

- avoid as much as possible being outside between 10a.m. - 2p.m.
- reorganise work times where possible so that outdoor tasks are done early in the morning or late afternoon.
- use trees, building and other temporary shelter (e.g. awnings, umbrellas) to produce shade
- ensure that shade is available for meal breaks

### Personal Protection

Clothes provide the best protection:

- long sleeved shirts and trousers
- darker colours are best
- tight weave of material
- loose fitting for coolness
- with a collar to protect the neck

### Hat and sunglasses

Protect the face, neck, ears and eyes:

- a hat with a broad brim 10-12cm, or with a flap at the back (legionnaires type)
- or a hard hat with a flap or brim added
- sunglasses - look for the code AS1067

### Sunscreens

Sunscreens protects any skin not covered by clothes (face ears, back of neck, hands, legs etc.):

- use a 15+ broadspectrum sunscreen
- apply it 20 minutes before going outside
- re-apply it every two hours
- apply zinc cream to lips and nose for extra protection

### Check for skin cancer

Sun has a damaging effect on the skin and over time changes can be noticed. Some of these changes can be early skin cancers and early melanoma.

It is important that you regularly examine your skin. This will ensure that the early changes on the skin are noticed by you and shown to your doctor.

Check all your skin and especially the parts of the body most affected by the sun i.e. your face, neck, ears, shoulders, arms and hands.

Skin cancer can be any lump, bump, sore or spot that doesn't go away within four weeks. It may be: smooth, pearly looking, red unhealing, raised, crusting, scaling, ulcerated, or a mole or freckle that changes or looks different.

If you find a new spot which grows or changes, or a sore which doesn't heal in four weeks, see your doctor immediately.