



# OUTDOOR WORKERS HAVE AN INCREASED RISK OF SKIN CANCER

## Protect Your Skin Using Sun-safety Tips From Dermatologists

Outdoor workers face many potential dangers on the job, including machinery and busy roads; however, one danger that they can't see is the sun's harmful ultraviolet (UV) rays.

Without proper sun protection, these rays can cause premature skin aging (like wrinkles and age spots) and even skin cancer—the most common cancer in the United States. It's estimated that one in five Americans will develop skin cancer in their lifetime, and one person dies from melanoma—the deadliest form of skin cancer—every hour.

Since outdoor workers spend many hours in the mid-day sun—a major risk factor for all skin cancers—their risk for developing skin cancer is even greater. Even on a cloudy day, up to 80 percent of the sun's harmful UV rays can pass through clouds.

**Fortunately, everyone, including outdoor workers, can protect their skin and reduce their risk of skin cancer with a few simple steps:**



**SEEK SHADE WHEN APPROPRIATE,** especially from 10 a.m. to 2 p.m. when the sun's rays are the strongest.



**WEAR PROTECTIVE CLOTHING,** such as lightweight, long-sleeved shirts and pants and sunglasses with UV protection. Wear a wide-brimmed hat or secure a cloth flap to your cap or hardhat to protect your ears and the back of your neck.



**GENEROUSLY APPLY A BROAD-SPECTRUM, WATER-RESISTANT SUNSCREEN** with an SPF of 30 or higher to all exposed skin that isn't covered by clothing. Reapply every two hours, even on cloudy days, and after excessive sweating.



**BE EXTRA CAREFUL AROUND WATER, SAND AND SNOW** as these surfaces reflect the sun's rays, increasing your exposure.



**AVOID TANNING.** Tanning—both indoors and out—can lead to wrinkles, age spots and skin cancer. If you want to look tan, use a self-tanning product instead, but continue to use sunscreen with it.



**CHECK YOUR SKIN REGULARLY.** If you see any new or suspicious spots on your skin, or anything that is changing, itching or bleeding, see a board-certified dermatologist. When detected early, skin cancer—including melanoma—is highly treatable.



To learn more about skin cancer prevention and detection, or to find a board-certified dermatologist in your area, visit [SpotSkinCancer.org](https://www.spotskincancer.org).

Copyright © by the American Academy of Dermatology and the American Academy of Dermatology Association.