

EMPLOYEE RIGHT-TO-KNOW

UV Radiation

LEARNING OBJECTIVES

Ultraviolet Radiation

**Hazards to
Your
Health**

**Skin
Cancer
Risks**

**Preventing
harmful
effects**

HAZARDS POSED BY UV LIGHT

Skin Hazard

- Cancer
- Damage / wrinkles

Eye Hazard

- Damage to retina

Immune System Hazard

- Suppresses function

SKIN CANCER HAZARDS

Skin cancer is the most common form of cancer in the U.S.

>3.5 million cases annually

1 in 5 Americans will be affected



Melanoma is the most serious form of skin cancer

76,600 cases in 2013

Curable if caught early

TYPES OF SKIN CANCER

MELANOMA

Look for these warning signals of melanoma when checking moles:

3 Major
Types of
Skin
Cancer

Squamous
Cell
Carcinoma

Basal Cell
Carcinoma

Asymmetry



Border
irregularity



Color



¼ inch
diameter



Evolution

RISK FACTORS FOR SKIN CANCER

Environment

Unprotected or excessive exposure to UV light

Severe sunburns in the past

Occupational exposures to coal tar, pitch, creosote, arsenic or radium

Hereditary

Pale skin

Multiple or unusual moles

You or a family member have had skin cancers

SIGNS & SYMPTOMS OF SKIN CANCER

Change in color of a mole, growth or spot, or a new growth

Scaliness, oozing, bleeding or a change in the way a bump or nodule looks

Alert your doctor to these symptoms

Spread of a mole's color beyond its border

Change in sensation – such as itchiness, tenderness or pain

PREVENTING SKIN CANCER

**Be
proactive!**

**Avoid direct sun
exposure
between 10
a.m. - 4 p.m.**

**Seek shade in
the middle of
the day**



PREVENTING SKIN CANCER: BEST PRACTICES



Follow the Slip! Slop! Slap! ® Rules



SLIP on protective clothing to guard as much skin as possible



SLOP on a palmful of SPF 30 sunscreen 30 minutes before exposure and after every 2 hours when sweating



SLAP on a hat – wide brims are good to cover the ears as well



Wear sunglasses with 100% UVA and UVB absorption

**DO YOU HAVE
QUESTIONS ABOUT
EXPOSURE TO UV
RADIATION?**

**ASK YOUR SUPERVISOR
OR A MEMBER OF THE
SAFETY PROGRAM
STAFF**

**Safety and
Risk
Supervisor
651-259-
5471**

**Safety
Admin.
Northwest
and
Northeast
Regions
218-999-
7856**

**Safety
Admin.
Central
and
Southern
Regions
651-259-
5489**