

# Summer Working the Facts

Traditionally construction workers have had a higher risk of **skin cancer** than many other workers due to long periods exposed to UV radiation from **direct sunlight** and **UV rays** reflected from nearby surfaces such as concrete.



What are the Dangers?



More than **10,400 cases** are diagnosed in the UK every year and the incidence of melanoma has gone up by more than four times since the 1970s. Rates of melanoma have risen faster than for any other cancer in the UK.

**Over 2,600 people** die from skin cancer each year in the UK, and most of these cases are due to malignant melanoma.

**In fact, there are more skin cancer deaths in the UK than in Australia,** even though Australia has more cases of the disease.

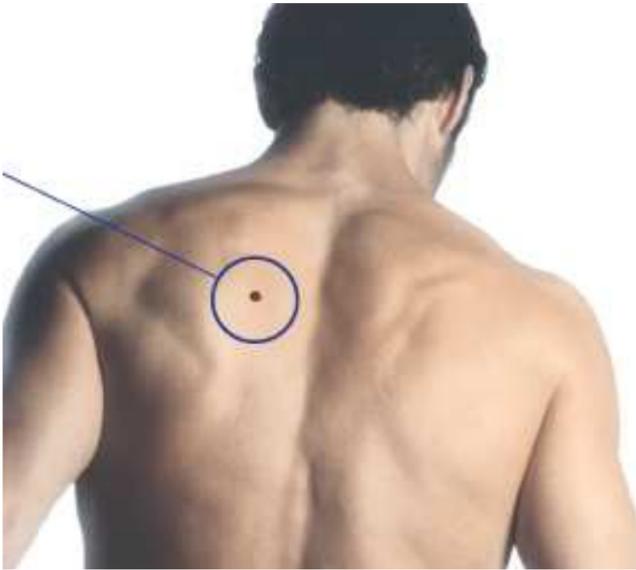
## Who is most at risk?

Some people are more likely than others to develop skin cancer. These people tend to have one or more of the following:

- fair skin that burns easily
- lots of moles or freckles
- a history of sunburn
- red or fair hair
- light-coloured eyes
- a personal or family history of skin cancer

# What are the signs?

The first warning sign is often a small scabby spot that does not clear up



Get to know your skin and look out for any changes. When checking your skin use the ABCD rule to help you remember the main warning signs for malignant melanoma.

## The ABCD Rule



If you notice any of the following signs, then see your doctor without delay.

**Asymmetry** The two halves of your mole do not look the same.

**Border** The edges of your mole are irregular, blurred or jagged.

**Colour** The colour of your mole is uneven, with more than one shade.

**Diameter** Your mole is wider than 6mm in diameter (the size of a pencil eraser).

If you notice any of these signs

**Seek medical advice immediately**

Please contact your Doctor and/or your local Occupational Health Advisor