

FURTHER INFORMATION

For further information on sun protection and skin cancer call your local Cancer Society, visit the Cancer Society of New Zealand website www.cancernz.org.nz or call the Cancer Information Helpline 0800 CANCER (226 237).

Published by:
Cancer Society of New Zealand 2009



Too much sun damages the skin and can lead to skin cancer, including melanoma.

EARLY DETECTION

- Look at your skin regularly so you know what it usually looks like. A good way to remember is to check your skin at each change of season.
- See your doctor as soon as possible if you notice a spot, freckle or mole that has changed in size, shape, colour or texture.
- Discuss any concerns about your skin, or skin cancer, with your doctor.



Basal Cell Carcinoma

Squamous Cell Carcinoma

Malignant Melanoma

Proudly sponsored by:



ARE YOU

PROTECTED FROM THE SUN?

INFORMATION FOR OUTDOOR WORKERS

Kei te whakamarumarutia koe i te rā?



KEEP SAFE

IN THE SUN

This brochure has been developed to help you protect your skin from sun damage. If you work outdoors and your workplace doesn't offer any sun protection, raise the issue with your health and safety representative or manager.

The law says your employer must take all practicable steps to protect your health and safety (Health and Safety in Employment Act 1992). If you work outdoors, this includes protection from injury by the sun. By law, you should cooperate with the sun protection measures your employer has put in place.

If you are self-employed, it is in your best interest to look after yourself and follow the sun protection guidelines outlined in this brochure.

Avoid being outside when ultraviolet radiation (UVR) levels are high.

- Reorganise work times where possible so that outdoor tasks are done early in the morning or in the late afternoon.
- Work with your colleagues to share and rotate tasks that involve direct sun exposure.
- Use trees, buildings and other temporary shelter (eg, awnings, umbrellas) for shade.
- Use shade for rest and meal breaks.
- Drink plenty of cool water.

PROTECT YOURSELF IN 5 SIMPLE STEPS



1. Slip into some shade

Reduce your exposure to the sun by working in shaded areas and, whenever possible, take breaks in the shade.



2. Slip on sun-protective clothing

Choose long pants and a long-sleeved, collared shirt.



3. Slap on a hat

Wear a hat that protects your head, face, neck and ears. Choose a hat with a broad brim (at least 7.5cm) or a bucket-style hat. Use a brim attachment with a neck flap with a hard hat or helmet.



4. Slop sunscreen on all exposed skin

Choose broad spectrum, SPF30+ sunscreen. Apply at least 15 minutes before going outside. Reapply at least every two hours.



5. Wrap on some sunglasses

Wear close fitting, wrap-around styles. Look for the label AS/NZS 1067:2003.

Who is at risk from skin cancer?

New Zealanders are at high risk of skin cancer. People with fair skin are especially at risk.

Outdoor workers are also at a high risk of developing skin cancer because they are exposed to high UVR levels for long periods.

What is UVR?

UVR from the sun is not related to heat or high temperatures. **You can get sunburned on a cool or cloudy day.**

UVR levels are high to extreme in New Zealand between the start of September and the end of March, especially between 11am and 4pm.