Sun Safety

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Objective

- The Skin Cancer Problem
- The Sun and Your Skin
- Assessing Your Personal Risk
- Practicing Sun Safety
- Spotting skin cancer early
- Sun Safety and Employees
Skin Cancer Problem

SKIN CANCER IS THE MOST COMMON OF ALL CANCER TYPES

NEW CANCER CASES IN THE U.S. THIS YEAR

<table>
<thead>
<tr>
<th>Cancer Type</th>
<th>Cases</th>
</tr>
</thead>
<tbody>
<tr>
<td>SKIN CANCER (non-melanoma)</td>
<td>3,500,000</td>
</tr>
<tr>
<td>PROSTATE CANCER</td>
<td>220,800</td>
</tr>
<tr>
<td>BREAST CANCER</td>
<td>234,190</td>
</tr>
<tr>
<td>LUNG CANCER</td>
<td>221,200</td>
</tr>
<tr>
<td>COLORECTAL CANCER</td>
<td>132,700</td>
</tr>
</tbody>
</table>

5.5M cases of non-melanoma skin cancer diagnosed in 2.2M people, with some patients having more than one diagnosis.

Skin cancer cases don't just outweigh these four cancers — they outweigh all cancers combined!
Skin Cancer Prevention is Now!
Skin Cancer Facts

• Skin cancer is the most common cancer in the U.S.

• There are > 2 million new cases of skin cancer each year.

• One in five Americans will get skin cancer.

• Men get skin cancer about twice as often as women.

Source:
American Cancer Society
Melanoma Facts

• 75,000 cases of melanoma will be diagnosed this year.
• There will be about 9,000 melanoma deaths.
• Melanoma increased 45% in the U.S. from 1992 to 2004.
• THE MOST COMMON cancer for young adults (25-29).

Sources: American Cancer Society & National Cancer Institute
UV and Skin Cancer Facts

- Ultraviolet radiation is a carcinogen.
- UV causes 90% of all skin cancer.
- UV can be natural -- from the sun.
- UV can be artificial -- from tanning lamps.
UV is a Carcinogen

Asbestos
Vinyl chloride
Chromium compounds
Radon

Ultraviolet Radiation

Benzene
Arsenic

National Toxicology Program
Department of Health & Human Services
The Sun: Benefits and Harms

BENEFITS:
- Heat
- Light
- Photosynthesis
- Outdoor environment for physical activity
- Production of vitamin D
- Happy & positive feelings; good mood

HARMS:
- Suntan
- Sunburn
- Premature aging
- Freckles
- Liver spots
- Wrinkles
- Loss of elasticity
- Cataracts
- Suppression of immune system
- Skin cancer
What Can You Do?

- Understand the connection between UV rays and skin cancer
- Know your personal risk
- Practice sun safety
- Be a role model for others
The Sun and Your Skin
UV and The Electromagnetic Spectrum
Solar UV radiation is 95% UVA & 5% UVB.

UVA causes tanning, aging & skin cancer.

UVB causes burning & skin cancer.

Tanning beds emit 12 times more UVA than the sun.

Skin cancers occur in the epidermis.
How Skin Cancer Starts

• All cancers develop because of abnormal cell growth.

• Skin cancer develops because of abnormal growth of our basal, squamous or melanocyte cells.
How Skin Cancer Starts

- UVA and UVB rays hit the epidermis.
- DNA in skin cells begins to break down.
How Skin Cancer Starts

- The breakdown causes the cells to grow out of control and form a mass of cancer cells.
- The immune system tries to repair the damage.
- More sun exposure hampers repair.
- Damaged cells can mutate into skin cancer within 5 years.
Types of Skin Cancer

- Non-melanoma Skin Cancer
  - Basal Cell Carcinoma
  - Squamous Cell Carcinoma

- Malignant Melanoma
Basal Cell Carcinoma
Squamous Cell Carcinoma
Malignant Melanoma

- Larger
- Odd Shape
- Varied Color
Lessons Learned: Ban the Burn!

- Studies have shown that FIVE severe sunburns early in life may DOUBLE the risk for developing melanoma later in life.
- Avoid getting burned!
Lessons Learned:
There’s No Such Thing as a Healthy Tan

- A suntan is your skin’s way of trying to protect itself from damaging UV rays.

- Suntans give very little protection - about an SPF 3.

- Skin gets damaged while getting a tan, including aging from UVA rays and cumulative lifetime exposure.
Most Skin Cancer is Preventable

- Know your risk
- Practice sun safety
- Examine your skin
Assess Your Risk for Skin Cancer
Understanding Your Risk

Your risk of getting harmed from over-exposure to UV is determined by:

- **Who You Are**
- **Where You Live**
- **What You Do**
Who You Are: The Six Skin Types

I. Always burns, never tans, sensitive to sun exposure
II. Burns easily, tans minimally
III. Burns moderately, tans gradually to light brown
IV. Burns minimally, always tans well to moderately brown
V. Rarely burns, tans profusely to dark
VI. Never burns, deeply pigmented, least sensitive
Highest Risk Factors

- Blond or red hair
- Blue, green or gray eyes
- Fair skin
- Skin that freckles easily
- Skin that burns easily and doesn’t tan
- Many moles; large moles
- Family members with melanoma
- Male
# Sun Exposure Chart for Skin Type and UV Index

<table>
<thead>
<tr>
<th>Type</th>
<th>Skin Color</th>
<th>Characteristics</th>
<th>UVI: 3 - 5</th>
<th>UVI: 6 - 7</th>
<th>UVI: 8 - 10</th>
<th>UVI: 11+</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>White; very fair, red or blond hair; blue eyes; freckles</td>
<td>Always burns, never tans</td>
<td>10 - 15 minutes</td>
<td>5 - 10 minutes</td>
<td>2 - 5 minutes</td>
<td>1 - 2 minutes</td>
</tr>
<tr>
<td>II</td>
<td>White; fair; red or blond hair; blue, Hazel, or green eyes</td>
<td>Usually burns, tans with difficulty</td>
<td>15 - 20 minutes</td>
<td>10 - 15 minutes</td>
<td>5 - 10 minutes</td>
<td>2 - 5 minutes</td>
</tr>
<tr>
<td>III</td>
<td>Cream white; fair with any eye or hair color; very common</td>
<td>Sometimes mild burn, gradually tans</td>
<td>20 - 30 minutes</td>
<td>15 - 20 minutes</td>
<td>10 - 15 minutes</td>
<td>5 - 10 minutes</td>
</tr>
<tr>
<td>IV</td>
<td>Brown; typical Mediterranean Caucasian skin</td>
<td>Rarely burns, tans with ease</td>
<td>30 - 40 minutes</td>
<td>20 - 30 minutes</td>
<td>15 - 20 minutes</td>
<td>10 - 15 minutes</td>
</tr>
<tr>
<td>V</td>
<td>Dark Brown - mid-eastern skin types; Black</td>
<td>Very rarely or never burns, tans very easily</td>
<td>40 - 60 minutes</td>
<td>30 - 40 minutes</td>
<td>20 - 30 minutes</td>
<td>15 - 20 minutes</td>
</tr>
</tbody>
</table>
Where You Live:

- Sunny days.
- High elevation: UV intensity increases 5% every 1000 feet above sea level.
- An outdoor-oriented lifestyle.
What you do: Outdoor Workers

- Get up to 8 times more UV than indoor workers
- Have a 60% greater risk of developing skin cancer
- Are at higher risk for non-melanoma skin cancer
- Indoor workers are at higher risk for melanoma
Reflective Work Surfaces

- Flowers & lawn grass: 1-2%
- Clay soil: 4-6%
- Aged asphalt roadway: 5-9%
- Light concrete: 10-12%
- Weathered aluminum: 13%
- Sand: 15-18%
- Water: 20-25%
- White metal oxide house paint: 22%
- Fresh snow: 88%
What else do you do ???

- Do you sunbathe to get a tan?
- Do you use tanning lamps?
- Do use sun protection?
Think Sun Safety!
Checklist for Sun Safety

• Monitor UV
• Use Shade
• Cover Up
  – Clothes
  – Sunglasses
  – Hats
• Apply Sunscreen
Monitor UV

- Check the UV Index for high UV days.
- Watch the clock for peak UV hours of 10:00 am to 4:00 pm.
- Check the weather; Clouds block only 20% to 40% of UV.
- Arrange work around peak sun hours if possible.
Use Shade

- Bring portable shade cover to your job site.
- Attach a shade device to your road equipment.
- Seek shade structures or umbrella tables for breaks.
- Go indoors for lunch or meetings.
- Work inside during peak sun hours.
- If you work in a car or truck, the glass blocks UVB, but not all UVA.
Skin Cancer and Driving

- More UV-related melanoma skin cancer occurs on the left side of the body in the US
- The left arm is more affected than the right arm
- An open window increases UV dose 5X more than a closed window
Cover Up

- Long Sleeves
- Long Pants
- Sunglasses
- Hats
- Gloves
Photo-damaged Skin
Sun Protective Clothing

- Clothing can block 100% of UVA and UVB.
- Wear clothing that covers a large amount of your skin.
- Wear long-sleeved shirts and long pants.
- Choose fabrics with a tight weave that allows little or no light to pass through.
- A thin white t-shirt has an SPF of about 4.
- Wear darker colors because they absorb more UV.
Hats

• Choose wide-brimmed hats.
• But, any hat is better than NO hat!
Sunglasses

- UV can cause cataracts, macular degeneration, blindness and melanoma of the eye.
- Wear large sunglasses that block 99%-100% of UV rays.
- Look for lenses labeled UV 400 or ANSI Z80.3.
- Lenses don’t have to be dark or expensive.
Apply Sunscreen

- Lotion
- Gel
- Stick
- Towelette
- Make up
- Lip balm
New FDA Rules
(Effective December, 2012)

• Broad Spectrum Protection – certified to protect against UVA.
• Can longer use: Sunblock, Waterproof, All Day Protection, Sweat Proof.
• Reapply every 2 hours.
• Water Resistant – 40 or 80 minutes.
Sunscreen Basics

• Choose SPF 30 or more for working outdoors.
• Use a broad spectrum sunscreen for UVA and UVB.
• Make sunscreen a daily habit.
• And don’t forget lip balm with SPF 15 or more.
What is SPF?

- SPF = Sun Protection Factor
- SPF tells you how much UV will be absorbed or reflected.
- SPF also tells you how long a sunscreen will protect your skin from sunburn.
- SPF is a measure of UVB protection, not a measure of UVA protection.
Strength of Protection

- SPF 15 screens 93% of UVB
- SPF 30 screens 97% of UVB
- SPF 50 screens 98% of UVB
- SPF 70 screens 98.5% of UVB
- SPF 100 screens 99% of UVB

- No sunscreen blocks 100% of UV.
Length of Protection

Your Time To Burn Without Protection
\[ \times \text{SPF of your sunscreen} \]

= ____ MINUTES OF PROTECTION

Examples (fair skin):
12 minutes \( \times \) SPF 15 = 180 minutes (3 hours) until sunburn
12 minutes \( \times \) SPF 30 = 360 minutes (6 hours) until sunburn
12 minutes \( \times \) SPF 45 = 540 minutes (9 hours) until sunburn
Two Types of Sunscreen

Chemical UV Absorbers
- Chemicals that work like a sponge on your skin to absorb UV for a set amount of time
- Need time to bond with skin; do not work right away
- Harder to rub off

Physical Reflectors
- Tiny metals that work like aluminum foil to reflect UV away from your skin
- Don’t need time to bond with skin; work right away
- Easier to rub off

Both work well; use what you like.
The Rule of Two Fingers: How Much Sunscreen to Apply
The Rule of Two Fingers: Where to Apply Sunscreen

1. Head, neck, and face
2. Right arm
3. Upper back
4. Upper front torso
5. Left arm
6. Lower back
7. Lower front torso
8. Left upper leg & thigh
9. Right upper leg & thigh
10. Left lower leg & foot
11. Right lower leg & foot

Oklahoma State University
Environmental Health & Safety
How to Apply Sunscreen

• Apply it about 15-30 minutes before going out in the sun.

• Apply it on all exposed skin, but not open wounds.

• Don’t forget places like ears, neck and hands.

• Don’t rub it in too hard – it reduces effectiveness by at least 25%.
When to Reapply

• Reapply after 20 minutes to cover missed spots.
• Reapply every two hours to keep it powerful.
• Reapply more often after sweating.
Sunscreen and DEET Mosquito Repellant

- Use separate products
- Apply sunscreen first; then repellant
- Reapply sunscreen often; don’t reapply repellant (25% DEET should last 5 hours)
Practice Early Detection
Detect Skin Cancer Early

- At least 95% of skin cancer can be cured if detected early.
- Look for changes in spots or moles.
- Look for sores that don’t heal.
- Report unusual findings to your doctor.
Check Your Self!
Know Your ABCDE’s for Moles

A=Asymmetry: One half of the mole or birthmark doesn't match the other.

B=Border: The edges are ragged, irregular, or poorly defined.
C=Color: Color varies from one area to another and may have differing shades of brown, black, white, red or blue.

D=Diameter: Area is larger than 6 mm (about the size of a pencil eraser) and is growing larger.

E=Evolving: Show any changes in size, color, shape or texture of a mole (or any skin changes) to your doctor.

-- American Academy of Dermatology
Take Aways

- Some UV exposure is healthy, but avoid over-exposure, sunburns and suntans.
- Limit your unprotected time in the sun, especially during peak UV hours at midday in the summer.
- Find shade or bring it with you.
- Use sunscreen with SPF 30 or higher every day.
- Wear cover-up clothing, hats and sunglasses.
- Don’t use tanning beds or lamps.
- Check your skin for changes every year.
Sun Safety Apps

• There are some great products available to provide information on expected UV from the sun.

• EPA’s SunWise UV Index App

• Robocat Ultraviolet UV Index
Environmental Health and Safety

Programs and Services

– Fire Protection Engineering
– Life Safety & Emergency Preparedness
– Environmental Compliance
– Laboratory Safety
– Occupational Safety
– Occupational Health and Medical Surveillance
– Materials Management
– Industrial Hygiene
– Chemical Hygiene
– Safety Training

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Questions

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