

Skin Cancer and Sun Exposure

PROJECT / SITE	DATE	TALK LED BY

THE HAZARD

The longest daylight of the year lands on a workforce that spends all of it outside. The damage accumulates invisibly over decades and does not announce itself until it is serious.

WHAT GOES WRONG

- Sunscreen applied once at 7am and never again through a ten-hour shift.
- Shirt off in the heat, which trades a sunburn for a cooling effect that does not exist.
- Cloud cover treated as protection, when UV comes through it perfectly well.
- A changing mole or a sore that will not heal ignored because it does not hurt.

CONTROLS: BEFORE YOU START

- Cover up first: long sleeves in light fabric beat bare skin for both heat and UV.
- Use a broad-spectrum sunscreen on everything still exposed, and reapply through the day.
- Wear a brim or neck flap on the hard hat, and eye protection with UV rating.
- Take breaks in shade rather than in the sun, even when the shade is further away.
- Get anything that changes shape, color or size looked at. Early is the whole game.

ASK THE CREW

1. Which crews on this job are outdoors for the full shift?
2. Who has reapplied sunscreen since this morning?
3. Where is the nearest shade to where you are working?
4. Has anyone here had a spot checked in the last two years?

ATTENDANCE RECORD

Everyone present signs below. This sheet is the record of the talk.

PRINT NAME	SIGNATURE
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SUPERVISOR / COMPETENT PERSON	SIGNATURE