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Monthly Safety Blast

Produced by the Southwest Center for Agricultural Health, Injury Prevention and Education

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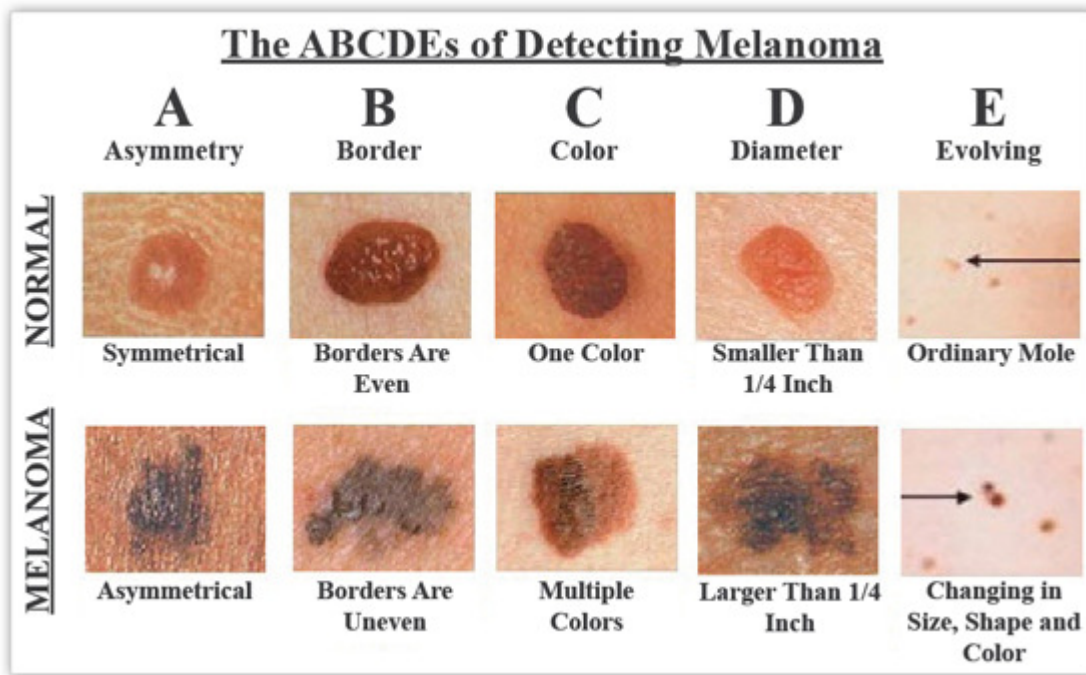
Ag, Forestry & Fishing Workers at High Risk for Skin Cancer

May is skin cancer awareness month. Farmers, ranchers, loggers, forestry workers and commercial fishermen are at high risk for skin cancer due to working long hours outdoors. There are three basic types of skin cancer: basal cell, squamous cell and melanoma. Basal and squamous cell are typically easy to treat; however, malignant melanoma is more dangerous and involves a more difficult treatment regimen. With any skin cancer treatment, the process can be gruesome and leave unsightly scars.

Challenge: *I dare you to type "[skin cancer images](#)' into your web browser or click on the hyperlink.*

Experienced farmers are more likely to develop a form of melanoma that occurs on the head and neck region. Think about what a farmer's tan looks like. This type of melanoma can look like a large, dark freckle with irregular borders.

One person dies every hour from melanoma; however, melanoma is curable if detected early. Check your skin monthly and learn the ABCDEs of Melanoma.



The most common cause of skin cancer is over-exposure to UV rays, either from the sun or tanning beds. Be smart this summer and cover up.

- **Be Shady:** Wear a wide-brimmed hat. The brim should be at least 4 inches wide. Baseball caps do not protect your ears, nose or neck. Protect your eyes by wearing sunglasses.
- **Slather Up:** Wear sunscreen, even on cloudy days.
- **Cover Up:** Light-colored, lightweight, long-sleeved shirts and long pants will keep your body cool and protect your skin.

Resources:

- American Cancer Society; <http://www.cancer.org/cancer/skincancer-melanoma/moreinformation/skincancerpreventionandearlydetection/skin-cancer-prevention-and-early-detection-u-v-protection>
- CDC: What Can I Do to Reduce My Risk? http://www.cdc.gov/cancer/skin/basic_info/prevention.htm
- Farmers at increased risk of skin cancer; http://www.progressivedairy.com/index.php?option=com_content&id=4591:farmers-at-increased-risk-of-skin-cancer&Itemid=75
- Lupo Center (Image Source); <http://www.drmarylupo.com/skin-cancers/index.html>

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