

5-MINUTE SAFETY DRILL

Wellness: Avoiding Skin Cancer Is Easy!

Date: _____

Shift: _____

Dept: _____

Station: _____

Training Code: _____

NOTES:

FOCUS: We must practice “sun “ safety every day whether at work or play. Damage is done every time we get burned!

CHALLENGE

Cancer remains a threat to each of us. We are addressing life style changes to reduce the threat of most cancers in our lives with the exception of one. Skin cancer remains the fastest growing cancer today despite our knowledge. The longer daylight hours provide numerous opportunities for “fun” in the sun! Basking in the sun feels great and can lift our spirits. However, exposure to the sun can also present a danger in the form of damage to our eyes, skin and potentially cause skin cancer.

We must remember that the sun's rays are the strongest, from 10am to 4pm. To the extent possible, we should limit our exposure to the sun during these hours and practice all of the sun protective behaviors if we engage in activities during these hours. Your shadow is an indicator of the sun's intensity. If your shadow is shorter than you are, the sun is at its highest intensity.

When outdoors, wear a wide-brimmed hat, sunglasses, and long-sleeved, tightly woven clothing. Clothing can physically block out the sun's harmful rays and should be one of the first lines of defense against sun exposure. Sunglasses you choose should block out 100 percent of UVA and UVB radiation to protect the eyes from damage. Use broad-spectrum sunscreens whose active ingredients block UVA and UVB rays.

The Sun Protective Factor (SPF) should be a minimum of 15. Sunscreens should be used every day, including cloudy days. They should be applied liberally and evenly before going out into the sun and should be applied frequently, especially after swimming.

Following these practices can reduce your exposure to skin cancer!

DISCUSSION

- Have you ever suffered from sunburn?
- How many times?
- What have you done to reduce your exposure to sun burn?
- Do you practice the shadow Rule? **No Shadow—SEEK SHADE.**
- Do you refer to the daily UV index when planning outdoor events to prevent over exposure?
- Is your clothing appropriate to provide adequate protection to your head, face, ears and neck?
- Do you make sure family members practice sun safety?

The greatest asset of the fire service is our people; protect them!