

Training Module: Sun Exposure

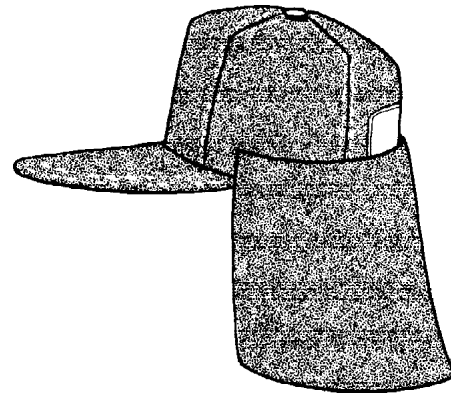
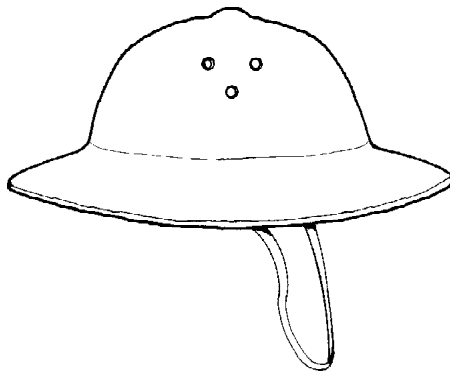
Objective: To learn the possible outcomes of overexposure to the sun, and how to prevent overexposure.

Trainer's Note: Sun exposure is a hazard that farmers cannot avoid. Overexposure to the sun can cause skin cancer. The American Cancer Society estimates that 800,000 new skin cancer cases are diagnosed each year. Discuss wearing protective clothing and sunscreen to guard against overexposure.

Background

Proper personal protection must be used to limit skin exposure. Farm workers are continually at risk of developing skin cancer of the head, face, ears, or neck. Using a hat, and sunscreen, reduces the chance of getting skin cancer.

Sun exposure is a key factor in the development of skin cancers. Skin cancer is not associated with a single event (for example, a painful sunburn), but with progressive exposure over years. People who burn easily, rarely tan, freckle or have a fair complexion, blonde or red hair, or blue or gray eyes, experience greater skin changes with sun exposure.



Skin Cancer: Be on the look out for three types of changes:

- *Basal cell* -shiny appearance. It usually can be removed by excision or topical treatments. If it is diagnosed and treated early, it can be cured. It is more of a later life concern.
- *Squamous cell* -rusty, warty appearance. It usually can be removed by excision or topical treatments. If it is diagnosed and treated early, it can be cured. More of a later life concern.
- *Melanoma* -dark mole-like appearance. However, malignant melanoma carries more significant, even fatal implications. Melanoma's incidence has been steadily rising, affecting people of all ages.

In order to minimize risk of skin cancer, there are a few basic recommendations to follow:

- Avoid sun exposure between 10:00 am and 3:00 pm, whenever possible.
- Protective clothing such as long sleeves, long pants, high socks and gloves act as a barrier between the skin and the sun.
- Wear a wide brimmed hat, cap flap or the flap on cap. A baseball type hat will offer the least amount of protection. (Baseball hats do not protect ear tips, temples or back of the neck.)
- Use a sunscreen with sun protection factor (SPF) of 15 or more while working outdoors. Reapply the sunscreen every two hours.

Review The Following Points

- Skin cancers are the most common cancers experienced in the United States.
- The major cause of skin cancers is due to the amount of time a person is exposed to the sun.
- Avoid sun exposure between 10:00 am and 3:00 pm and wear sunscreen.
- Wear protective clothing that serves as a barrier between the sun and the skin.

True or False Answer Key

1. T, 2. T, 3. T, 4. T, 5. T

True or False

Name _____

- | | | |
|--|---|---|
| 1. Wear protective clothing that serves as a barrier between the skin and the sun. | T | F |
| 2. Use a sunscreen with sun protection factor of 15 or more if outdoors during the midday. | T | F |
| 3. Melanoma incidence has been steadily rising, affecting people of all ages. | T | F |
| 4. Farm workers are continually at risk of developing skin cancer of the head, face, ears, or neck. | T | F |
| 5. Skin cancer cannot be associated with a single event, such as a painful sunburn, but rather with the progressive changes in the skin's makeup over years of sun exposure. | T | F |