

# Skin Cancer Self-Assessment Handout



## **BENEFITS**

Workers who work outside and are exposed to the sun are at risk of developing skin cancer. (Although the risk is highest in the summer, workers who are exposed to the sun at any time of year are at some risk.) Repeated exposure to the sun over many years may result in sun-induced skin changes, including skin cancer, which can be fatal if left untreated. And catching skin cancer early is critical.

## **HOW TO USE THE TOOL**

Give this handout to all workers who work outside at any time of the year so they can use it to conduct a self-assessment of their skin and moles for any signs of skin cancer. Encourage them to see a doctor as soon as possible if they find any indications of skin cancer or have any concerns about the condition of their skin.

## **OTHER RESOURCES:**

**Be Sunsible** website

**Canadian Dermatology Assn.**

**Spot the Safety Violation: Stay Covered in the Sun**

**Sun Sensitivity Quiz**

**Model Sun Safety Policy**

**Blog: Aspirin May Protect Against Skin Cancer**

**Heat Stress Compliance Centre**