

Sun Sensitivity Quiz



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.) In the short term, sun exposure can cause sunburns and suntans. Both are signs of skin damage. But repeated exposure over many years may result in sun-induced skin changes, including skin cancer, which can be fatal if left untreated. And some people are more at risk than others.

HOW TO USE THE TOOL

Give this quiz to all workers who work outside'at any time of the year'so they can determine their risk of developing skin cancer based on factors such as their colouring, family history of skin cancer and whether they tan or burn. All workers who are exposed to the sun should take appropriate precautions, such as wearing hats and sunscreen, but those at high risk should be especially careful.

OTHER RESOURCES:

[Model Sun Safety Policy](#)

[Blog: Aspirin May Protect Against Skin Cancer](#)

[Heat Stress Compliance Centre](#)

