

Skin Cancers

Supervisor
Crew
Talk

Sunlight, as well as indoor tanning beds and sun lamps, contains ultraviolet (UV) radiation. Exposure to any type of UV radiation can increase your risk of skin cancer.

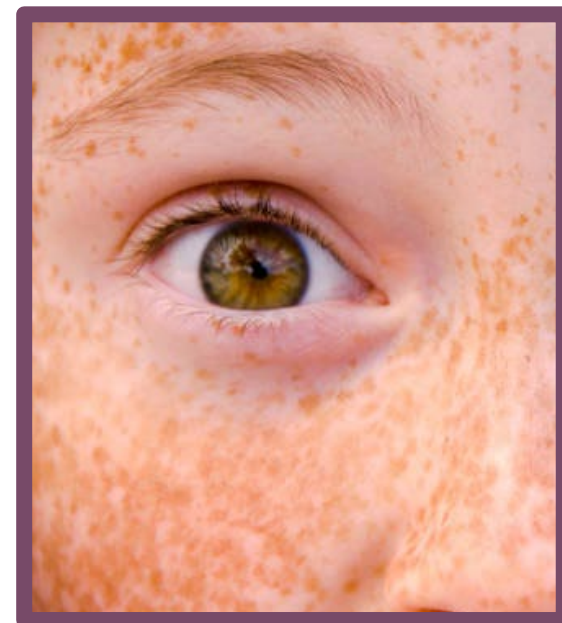
UV exposure at any age can cause skin cancer!



Worldwide, there are more skin cancer cases due to indoor tanning than there are lung cancer cases due to smoking!

Anyone can get skin cancer, but if you have any of the following physical features, you're at a higher risk:

- Numerous, irregular, or large moles
- Freckles
- Light or pale skin
- Blonde, red, or light brown hair



Self Examination

Skin cancers found early can often be easily cured, so it's important to **self examine yourself monthly. Keep an eye out for:**

- A new or changing growth, spot, lump, or bump on the skin
- A sore that bleeds or doesn't heal
- A rough or dry red area on your skin, which might crust or bleed
- New itchiness, soreness, or pain
- A rough bump
- A mole (or other spot) that's new or changing in size, shape, colour, or texture



To self examine, use a mirror to help you look at places you can't see. Skin cancer can appear in areas that aren't frequently exposed to the sun, so it's important to check everywhere, including under your fingernails.

If you find the above, or any other unusual skin changes, see a health care professional as soon as possible.

"Safety is a Core Value and Business Priority"



West Fraser