



SUN SAFETY

We often associate farm safety with properly using equipment. However, there is a danger that many forget to protect themselves from – sun damage.

One in five Americans will develop skin cancer. Risk for basal cell carcinoma, a skin cancer, is 40 percent higher in UV exposed workers compared to indoor workers. This includes farmers, who spend hours working outdoors.

PREVENTION

To prevent sun damage:

- **Use a broad spectrum sunscreen (even on a cloudy day)**
 - ◆ Use a waterproof sunscreen so it isn't easily with removed sweating
 - ◆ apply 1 ounce, every two hours
- **Cover up**
 - ◆ wear pants, long-sleeved shirts
 - ◆ wear lightly woven, bright-colored clothing
 - ◆ wear a hat (preferably wide-brimmed)
 - ◆ the highest risk for skin cancer is on your face and scalp
- **Seek the shade**
- **Don't allow yourself to burn**
- **Keep newborns out of the sun**
- **Avoid tanning booths**
- **Examine your skin**
- **Visit your physician annually**
 - ◆ early detection can help save your life



GROWING SAFELY VIDEO

Watch the **Growing Safely Sun Safety** video on the Monsanto YouTube Channel, www.youtube.com/user/OffTheJobSafety.

In it, a district sales manager discusses how a spot on his skin changed his life.

**Information from the skincancer.org, Penn State University Agricultural Safety and Health News*

SELF EXAMINATION IS KEY

It's important to examine your skin (your entire body) monthly because often skin cancers detected early can be treated. The most important warning sign is a spot on the skin that is changing in size, shape, or color during a period of one month to one or two years.

Skin cancers often take the following forms:

- Pale, wax-like, pearly nodules
- Red, scaly, sharply outlined patches
- Sores that don't heal
- Small, mole-like growths – melanoma, the most serious type of skin cancer

If you find these unusual skin changes, see a health care professional immediately.

For more tips to help you protect your skin from the sun, visit <https://www.osha.gov/SLTC/etools/sawmills/uvradiation.html>.

More information on skin cancer is available at www.skincancer.org.

