

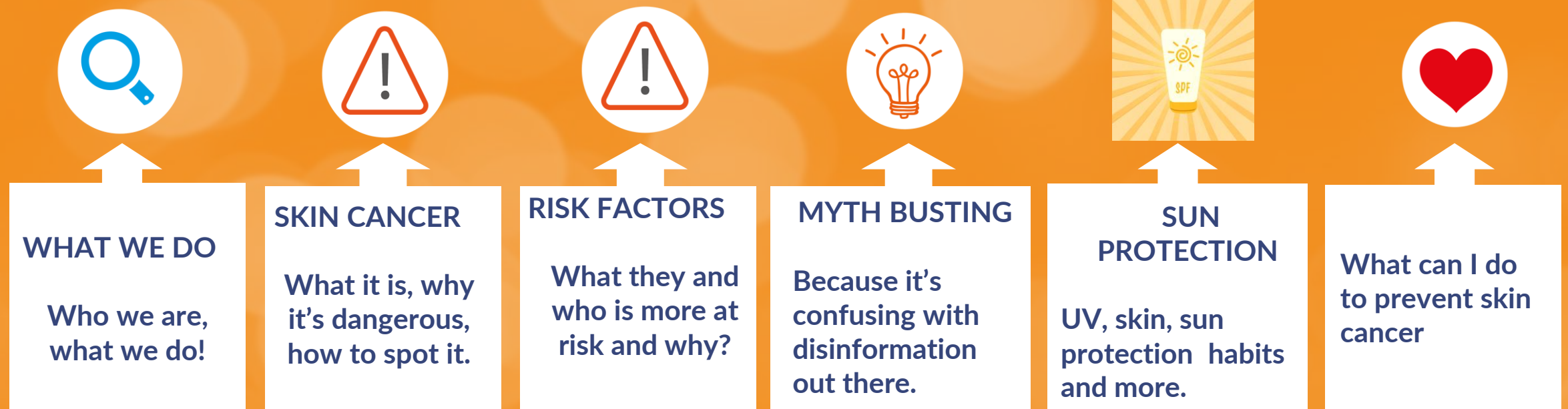
If skin could talk

Raising awareness of melanoma in the
workplace

SUPPORTED BY



The take-aways!



What do we do?



- Prevention, education and awareness of skin cancer
- Targeted sun protection campaigns, resources, and events.
- Courses and guidance for outdoor industry professionals.
- Partner with NGBs, health organisations and charities.
- Advocate and lobby for improved sun safety standards.
- Promote sun safety support for disadvantaged children and youth.

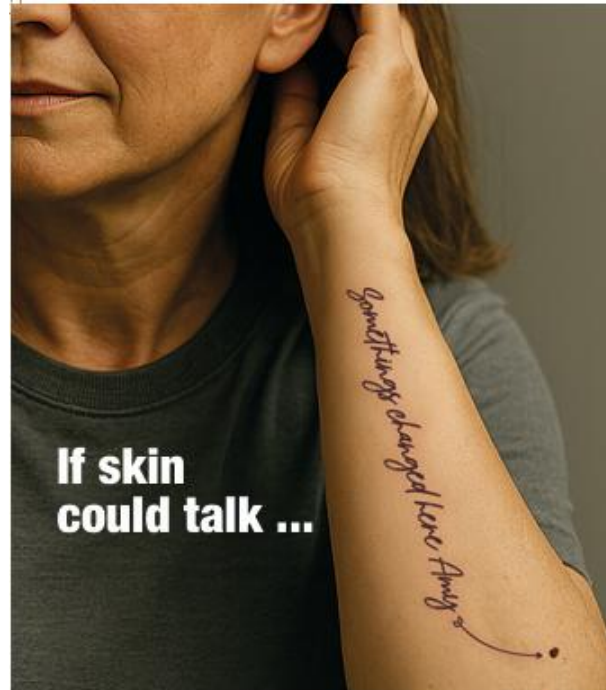
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**Empowering
active lifestyles,
protecting
against skin
cancer**

THE CAMPAIGN

(IN A WASHROOM NEAR
YOU!)



If skin
could talk ...



Early detection saves lives.
Check your skin monthly.

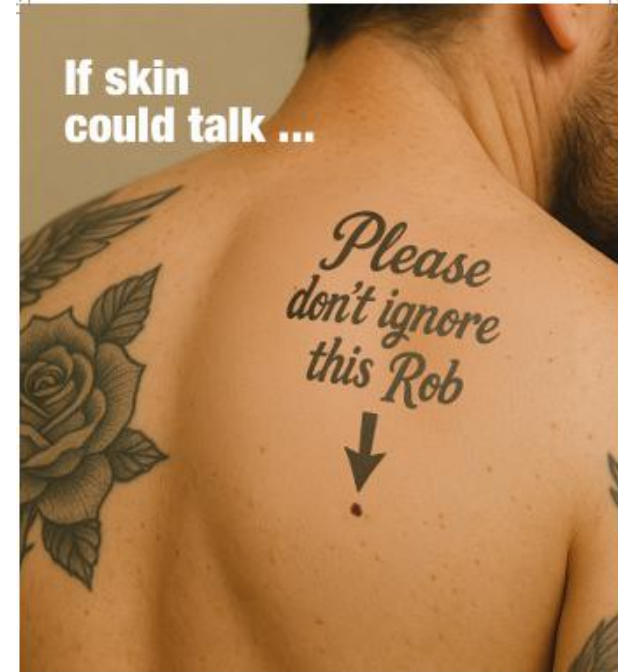
Scan for your skin check guide

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If skin
could talk ...

*Please
don't ignore
this Rob*



Early detection saves lives.
Check your skin monthly.

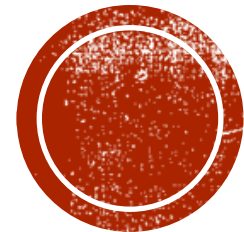
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What is skin cancer?

Firstly, did you know...



Fact 1:

Skin cancer kills more men than women in the UK, and outdoor workers are **six times more likely** to develop non-melanoma skin cancer due to daily sun exposure.

Fact 2:

Just one blistering sunburn every two years can **triple** your risk of skin cancer — and you don't need hot, sunny weather for UV rays to do serious damage.



Three main types of skin cancer:

1. Basal cell carcinoma (BCC)
2. Squamous cell carcinoma (SCC)
3. Melanoma

BCC & SCC are types of non-melanoma skin cancer (**NMSC**). While less aggressive and more treatable, cause the most skin cancer-related deaths due to high frequency.

Melanoma - most aggressive. Requires early detection. It can spread to other organs if left untreated.

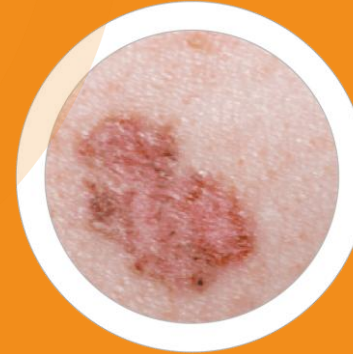
In more detail...



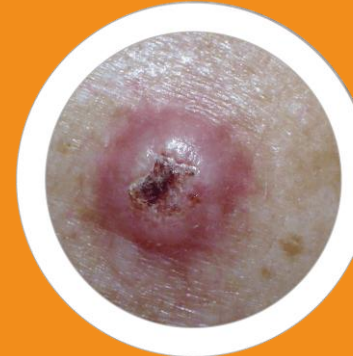
Basal cell carcinoma (BCC) grows slowly and can damage the tissue around it but is unlikely to spread to distant areas or result in death.

Squamous cell carcinoma (SCC) is more likely to spread. It usually present as a hard lump with a scaly top but may also form an ulcer.

Melanoma is the most aggressive. Signs include a new mole or one that has changed in shape or colour and has irregular edges and has more than one colour.



Basal cell carcinoma (BCC)



Squamous cell carcinoma (SCC)



Melanoma



Melanoma facts



- Melanoma develops when melanocytes grow uncontrollably due to UV damage.
- It often starts on skin normally protected from the sun, like palms, soles, and under nails.
- It spreads to other organs via the bloodstream or lymphatic system.
- Early detection through regular self-checks improves survival.
- Risk factors include fair skin, family history, multiple sunburns, and indoor tanning.

"If I could offer you only one tip for the future, sunscreen would be it." – **Baz Luhrmann**



Skin checking

Look again



Melanoma usually (but not always) causes changes to moles.

You should contact your GP if you have a mole that:

- Grows bigger.
- Changes shape.
- Has a blurred, rough or jagged outline.
- Grows darker or red.
- Has more than one colour in it.
- Gets itchy or painful.
- Gets crusty or bleeds.
- Looks out of place (ugly duckling).
- You just feel concerned about.

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Experts
recommend a
monthly skin
check



UV and sun protection

Pick 'n' mix excuses



- “It’s greasy and messy.”
- “Dust and stuff sticks to sunscreen”
- “I don’t burn.”
- “It sweats off anyway.”
- “I forget.”
- “I wear a hat.”
- “It’s not that sunny today.”
- “I’m too busy for sunscreen.”
- “It’s not my responsibility.”
- “It takes too long.”
- “I’ve never worn it.”
- “I love a tan.”



Some simple tips



- Seek a shaded place to work - whenever possible, especially during peak sun hours (10am–4pm).
- Wear protective clothing with a close weave
- Avoid sunbathing.
- Stay hydrated to support skin health and overall well-being.
- Apply broad-spectrum SPF30+ sunscreen
- Protect eyes with sunglasses that block 100% of UV rays.
- Plan outdoor activities for early morning or late afternoon to avoid peak UV hours.
- Reapply sunscreen every 2 hours or more if prone to sweating.

UV Index



1

2

3

4

5

6

7

8

9

10

11+

Low

Moderate

High

Very High

Extreme

No protection
needed

Some protection
is required

Protection
essential

Extra protection
is needed

Stay inside

Application



(Applies to both chemical & mineral sunscreens)

- Apply sunscreen before exposure to ensure it has set.
- Re-apply regularly.
- Apply generously—use about 1/4 tsp for your face.
- Don't forget your ears, neck, hands, arms and legs.
- Use dry or specific formulations to avoid a greasy grip.
- Remember to apply after removing clothing.



Sunbeds - the risks

- 28% of UK adults and 43% of 18–25-year-olds use sunbeds
- Many are unaware they significantly increase skin cancer risk
- Sunbed use causes around 100 deaths annually
- The radiation is as intense as 'extreme' tropical sun, rapidly ageing the skin.
- Choose fake tan products instead—there are no 'safe tubes.'

IF you don't use
these does your
child, partner,
friend, colleague?

Recap



PROTECT: Sunscreens, hats, sun glasses, water, shade.



CHECK: Your skin, the UV Index, your habits.



CONNECT: Inspire others with your actions, call out sunburn!

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