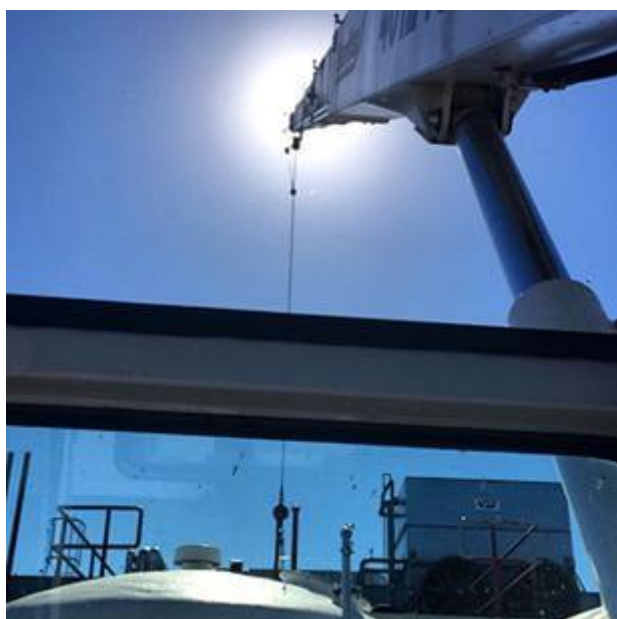


Greetings All,

As the warmer weather continues to bless us all at this time of year, we all spend a great deal of time outside in the sun, whether that be at work or during our leisure time.

As Crane Operators and Riggers/Dogmen, we spend a tremendous period of time looking up and as you will know, the sun is usually right in your eyes - regardless of what is on the end of the crane hook.



We work long hours and it's not unusual to see both the sun rise in the morning and then set in the evening. It's certainly easy enough to forget to apply the sunscreen at 6:30 in the morning and once the sun starts to warm up, we can tend to forget to either apply or re-apply as our busy day passes.



And as our hair starts to recede, our exposure to the sun only increases, as does our risk of skin cancer.

Two in three Australians will be diagnosed with skin cancer by the time they are 70, with more than 434,000 people treated for one or more non-melanoma skin cancers in Australia each year. Non-melanoma skin cancer is more common in men, with almost double the incidence compared to women.

It's not only on those extremely hot days where we are at risk of permanent skin damage - Sunburn is also common on cooler or overcast days, as many people mistakenly believe UV radiation is not as strong. This is untrue - you can still be sunburnt when the temperature is cool.

Can you spot A rip at the beach? A great wave? A skin cancer?

Two in three Australians will develop skin cancer before the age of 70. The good news is that the painless and successful treatments are available if detected early.

If you have fair skin, blue or green eyes, fair or red hair or lots of moles or freckles you are at high risk of developing skin cancer.

Cumulative UV exposure also contributes to your risk of developing skin cancer. So if you spend up in Australia, work outdoors or spend lots of time in the sun you should take care to protect and check your skin.

Do you know what skin cancer looks like?
 A simple check could save your life. We should all check our skin regularly. Get to know your skin and take immediate action if you notice any changes.

Use the ABCD of melanoma detection to check for the following:

- Asymmetry** A spot with a shape that is divided in half, the two halves are not a mirror image.
- Border** A spot with a spreading or irregular edge.
- Colour** A spot with a number of different colours through it.
- Diameter** A spot that is growing and changing in diameter or size.

Skin cancers
 There are three main types of skin cancer: basal cell carcinoma, squamous cell carcinoma and melanoma.

- Melanoma**
 - Accounts for 1-2% of skin cancers.
 - Is the most dangerous and aggressive form of skin cancer.
 - Can spread to other parts of the body and can be fatal.
 - Grows quickly over weeks to months.
 - Can appear as a new or existing spot, freckle or mole that changes in colour, size or shape.
 - Can grow anywhere on the body, not just areas exposed to the sun.
 - Occurs most frequently on the upper back in males and on the lower leg in females.
- Basal Cell Carcinoma (BCC)**
 - Accounts for about 90% of skin cancers.
 - Grows slowly over months or years.
 - Looks for small, round or flattened spots that are red, pale or pearly in colour. Some are scaly like a patch of eczema.
 - May become ulcerated, bleed and fall to heal.
 - Usually found on the upper body, head or neck.
- Squamous Cell Carcinoma (SCC)**
 - Accounts for about 10% of skin cancers.
 - Grows over months and may spread if not treated.
 - Looks for scaly red areas that may bleed easily, ulcers or non-healing sores that feel often itchy, especially if itchy.
 - Often found on lips, ears, scalp, backs of the hands and lower legs.

Warning signs
 The following spots are not skin cancer but may change or be a warning sign that skin damage has occurred.

- Actinic keratosis (‘sandpaper skin’)**
 - Are coin-shaped moles that may increase in number over time.
 - Usually 10 times with sun-irradiated skin.
 - Shaped moles get your skin checked regularly for your doctor.
- Solar keratosis (‘warty skin’)**
 - Generally hard, red, scaly spots or sun-induced areas of the skin.
 - Most commonly found on the head, neck and on the back of the hands.
 - Is a warning sign that the skin has been damaged and may develop.
 - If you have solar keratosis, protect yourself from further skin damage and have your skin checked regularly by a doctor.

Hammerhead spots
 Subcorneal keratosis (‘beetle warts’)

- Common non-squamous spots sometimes confused with melanomas.
- Placed very-looking brown or black lesions with well-defined borders.
- Mostly found on the trunk but can occur anywhere on the body.

Eye damage
 The sun can also damage your eyes. In the short term, sun exposure can cause burns to the eye similar to sunburn of the skin. Long-term exposure can lead to cataracts (clouding of the lens), glaucoma (pressure of the eye), macular degeneration (of the conjunctiva or cornea). It is important to protect your eyes by wearing sunglasses and a broad-brimmed or coated hat.

1. Pterygia (bat-wing) 2. Squamous Cell Carcinoma of the conjunctiva 3. Cataract

For more information call Cancer Council Helpline on 13 11 20 or visit www.cancer.org.au Download with assistance from Dr. Jenni Ho MSc, Dr. Peter Rendell and Dr. Jay Cole.

Further information and a number of downloads, including the above poster is available from the Cancer Council at the following link - www.cancer.org.au

Remembering to Slip Slop Slap still remains the best form of protection from the sun.

Cheers for now and have a safe day !

Brent Stacey www.cica.com.au