



Sun Protection – The Essentials in Brief

The Sun and Its Effects

The warming rays of the sun give us a feeling of well being, but can also be harmful: The sun's rays consist of visible light (50%), infrared rays (44%) and ultraviolet rays UV (6%). UV rays are one of the main causes of skin cancer development and contribute to premature aging of the skin. The skin never forgets any sun rays, and certainly any sunburn - and that means from as far back as childhood! Sunburns in childhood increase the risk of skin cancer. UV rays endanger unprotected eyes and can cause permanent damage to them.

Why Does Our Skin Need to Be Protected from the Sun?

Skin can be exposed to the sun for a certain period of time without turning red. For fair skinned people, this so-called "protection time" is limited to five to ten minutes. If this time period is exceeded, the skin needs to be protected through the use of shade, suitable clothing or sunscreen. People with darker pigmentation can tolerate the sun a bit longer.



Tips for Working Outdoors

- Take your breaks in the shade.
- Wear a hat or hardhat and sunglasses.
- Use appropriate clothing to reduce sun exposure: T-shirt with a collar or a shirt; long trousers.
- Use a good sunscreen lotion with a Sun Protection Factor (SPF) of 25 or higher.
- If possible, plan your work period in the sun before 11 a.m. or after 3 p.m.

Each time you get sunburned, is one time too many!

Sun Protection – Good to Know!

- The shade provides the best sun protection!
- Reflective surfaces such as metal, light-colored concrete, water or snow redirect and reinforce UV rays.
- Even under an overcast sky, up to 80% of UV rays penetrate through the cloud cover.
- Two-thirds of daily UV rays reach the earth's surface between 11 a.m. and 3 p.m.
- Clothing provides good sun protection; but there are differences: Densely woven, bright colored clothing provides better protection than loose, transparent or light colored clothing.
- A broad-brimmed hat and a scarf protect the neck from the sun.
- Check the UV protection provided by sunglasses (look for the CE Mark "100% UV to 400 nm").
- Indoor tanning (solarium) also harms the skin and is an unnecessary burden to the body.

Skin Cancer Early Detection

There are different types of skin cancer. Non-melanoma skin cancer is the most common type. Malignant melanoma is a rare, but much more harmful type of skin cancer.



Incipient non-melanoma skin cancer must be shown to a dermatologist.



Non-melanoma skin cancer must be treated immediately.



Malignant melanoma, irregular in shape and color, must be treated immediately.

Those who work in the open air increase their exposure to UV rays and are at a higher risk of contracting skin cancer. A long history of sun exposure is considered as a risk factor, particularly regarding non-melanoma skin cancer.

Your Personal Risk for Skin Cancer

- Do you have fair skin?
- Were you frequently sunburned as a child and/or in your youth?
- Do you have more than 50 or large birthmarks (larger than 5 mm in diameter)?
- Has skin cancer (melanoma) ever occurred in your family?
- Have you ever been diagnosed with skin cancer?

If you answered “yes” to any of these questions, you should protect yourself well against UV rays during outdoor leisure time or work activities and regularly check your skin for any changes. Through early diagnosis and therapy, even the most aggressive type of skin cancer, melanoma, has a good prognosis.

If, according to your very own personal feeling, a birthmark has changed or there has been a recent change in your skin, it's reason enough to call a doctor.

The ABCD Rules

Do you have a birthmark that has changed in color, shape or size? Do you have a birthmark that hurts, itches, is infected or bleeds? The ABCD Rules help you to determine any particular changes by regularly checking your skin:

	Harmless Birthmarks	Suspicious Birthmarks	
	A = Asymmetry		
Regular, symmetrical shape			Irregular, non-symmetrical shape
	B = Border		
Regular, distinct borders			Irregular, scalloped or poorly circumscribed borders
	C = Color		
Uniform in color			Color varied, spotted
	D = Dynamic		
Unchanged			Has changed (size, color, shape or thickness)

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