

Skin Cancer

SAFETY AWARENESS KEPT SIMPLE

Safety Talk Delivery Pack

This Safety Talk contains:

- 7 - Page Talk Text
- 5 - OHP Presentation Slide Pack
- 10 - A5 talk Handout Sheets
- Assessment and Assessment Answers Sheet
- Employee Attendance Register
- A “How to Present Safety Talks Guide”

Using the talks (Extract “How to Present Safety Talks”):

Plan which topic you want to discuss with your team.

Read through the script before you hold the meeting to familiarise yourself with the material.

Start the talk with a comment that makes the topic relevant to the team. For example, if you have seen a number of people using ladders incorrectly, use this as your opening comment.

Follow the script but don't read straight from the page. The script is only a prompt and it will sound better if you use your own words.

Ask the questions as they appear in the script. It is important you do this because they are a lead in to the next section of your talk.

Give the team enough time to answer the questions. Safety talks can be boring for the team if you are the only one talking.

Hand out the information sheets as they appear in the script. Don't hand out all the information sheets at the start of the talk otherwise there is a temptation for the team to read ahead and not listen to the points you are making.

Collect the information sheets at the end of the talk so they can be used again.

To obtain your Safety Talk Delivery Pack go to: www.smartsafe.com.au

TABLE OF CONTENTS

INTRODUCTION 3

LEARNING OUTCOMES 3

THE RISK OF GETTING SKIN CANCER..... 4

THE CAUSES OF SKIN CANCER 4

PREVENTING SKIN CANCER..... 5

DETECTING AND TREATING SKIN CANCER 6

THE DIFFERENT TYPES OF SKIN CANCER 6

 BCC..... 7

 SCC..... 7

 MELANOMA..... 7

IDENTIFYING SKIN CANCER 7

SUMMARY 9

FURTHER REFERENCES FOR THE SUPERVISOR 9

LICENCE AND LIMITATION OF LIABILITY 10

DISCLAIMER 10

INTRODUCTION

Did you know that Australia has the highest rate of skin cancer in the world two to three times the rates in Canada, the US and the UK?

Caucasians have a greater risk of developing skin cancer than non-whites. The risk is also higher in individuals with blond or red hair, blue or green eyes, or skin that burns or freckles easily.

Skin cancer risks also, increase as you age, probably due to accumulated exposure to UV radiation



LEARNING OUTCOMES

By the end of this talk you will understand:

- who is most at risk of developing skin cancer;
- what causes it;
- how it can be prevented; and
- how it can be detected and treated.

THE RISK OF GETTING SKIN CANCER

You are at risk of getting skin cancer for a number of different reasons.

	<i>“Why do you think we have a high risk of getting skin cancer?”</i>
	Hand out sheet 1 – Skin Cancer Risk

Many of us have very fair skin that is easily damaged by the sun.

We work, go to school and relax in the sun for long periods of time.

Some of us falsely believe that having a suntan is healthy.

All of these facts place us at risk, and research shows that skin cancer results from exposure to the sun throughout our lives. The more exposure, the more likely you are to get skin cancer.

The good news is that, almost all skin cancers can be prevented. Before we talk about prevention let's discuss what causes skin cancer.

THE CAUSES OF SKIN CANCER

	<i>“What is the main cause of skin cancer?”</i>
	Hand out sheet 2 – Ultra Violet Radiation

Ultra violet radiation from the sun is the main cause of skin cancer. This type of radiation damages the skin by causing individual cells to swell. Only ten minutes in the sun can result in damage to unprotected skin.

Ultra violet radiation also:

- leads to premature aging of the skin;
- causes sunburn; and
- stimulates production of melanin, which is the colouring agent in the skin.

We are exposed to ultra violet radiation throughout our lives and the damage that we do to our skin when we are children and adolescents can develop into skin cancer later on. Each time we are sunburnt we increase our chances of getting skin cancer. So, if you work or spend a lot of time in the sun you are more likely to get skin cancer.

Sample OHP Presentation Slide

Sheet 1 – Skin Cancer Risk



- Particularly high incidence of skin cancer is a result of the following issues.
- Your country may be located close to the equator where rays from the sun are very intense.
- Many nationalities have fair skin that is easily damaged by the sun.
- You work, go to school and relax in the sun for long periods of time.
- Some nationalities falsely believe that having a suntan is healthy.
- Research shows that skin cancer results from exposure to the sun throughout our lives. The more exposure, the more likely you are to get skin cancer.



Sample A5 Handouts

Sheet 3 – Preventing Skin Cancer



You can lessen the risk of skin cancer by:

- avoiding the sun between the hours of 10am and 3pm;
- making use of shaded areas wherever possible;
- wearing a wide brimmed hat;
- wearing clothing (including sunglasses) to protect the skin's surface; and
- using sunscreen as a last line of defence against the sun's rays.

Skin Cancer – ST066

© PA Services Group - SMARTsafe 2013



Sheet 3 – Preventing Skin Cancer



You can lessen the risk of skin cancer by:

- avoiding the sun between the hours of 10am and 3pm;
- making use of shaded areas wherever possible;
- wearing a wide brimmed hat;
- wearing clothing (including sunglasses) to protect the skin's surface; and
- using sunscreen as a last line of defence against the sun's rays.

Skin Cancer – ST066

© PA Services Group - SMARTsafe 2013

