

7 SUN SAFETY

PURPOSE

According to the American Cancer Society, melanoma, or skin cancer, is one of the most common cancers in young adults. Many young employees work in outdoor environments where they can be exposed to UV rays that cause skin cancer. This activity discusses some of the myths of sun exposure and offers ways that young workers can protect their skin.

ACTIVITY TIME

Approximately 15 minutes

PREPARATION

- You'll need some space for young workers to move.
- The Sun Safety Myth Busters visual aid can be found at: www.promotingusafetyhealth.com
- Click on "Start the Conversation Activities," then find the "Sun Safety Myth Busters" activity and click on the "Visual Aid" link OR photocopy the cards from the back of the book on pages 129–130. Print Sun Safety Signs letter size, single sided.
- Print PUSH Cards.
- Prior to beginning the activity, place the TRUE and FALSE cards on opposite sides of the room by taping them to a wall or simply putting them on the ground.

DIRECTIONS

Supervisor reads out loud

Supervisor reads out loud

SUPERVISOR READS QUESTION

✘ *Do not read out loud*



A NIOSH CENTER OF EXCELLENCE

PUSH is an Oregon Healthy Workforce Center Project funded through the NIOSH Total Worker Health Center of Excellence Grant U19OH10154.

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BACKGROUND

Whether you have to work in the sun or just want to enjoy it, it's important to protect your skin from the sun's harmful effects.

Many people don't know that Oregon is consistently in the top 5 states for highest rates of skin cancer in the U.S.

Exposure to the sun is essential for all life and makes us feel good, but the sun produces ultra violet radiation, or UV rays, that can damage your skin cells and cause a burn or a tan.

Fortunately, you can protect yourself from the sun's harmful rays by wearing a hat, sunglasses and sunscreen when outside.

Today we will do an activity called "Sun Safety Myth Busters."

ACTIVITY

In this activity, I'm going to call out statements about sun safety and you're going to tell me if they're true or false.

Cast your vote for "true" or "false" by walking to the LEFT side of the room if it's FALSE and the RIGHT side of the room if it's TRUE (right=true).

You must wait until I say "go" before you can cast your vote.

After everyone picks a side I will reveal if the statement is TRUE or FALSE.

If you get the answer correct you get a point.

Before we start the game let's do a practice round.

PRACTICE ROUND:

STATEMENT: ALBERT EINSTEIN WAS AN AVID BODYBUILDER. GO!

FALSE

Albert Einstein was not an avid bodybuilder. However, he did have great hair.

Nice job. Now everyone come back to the center.

TRUE/FALSE STATEMENTS

1. IT IS NOT POSSIBLE TO GET A SUNBURN ON WINDY, CLOUDY, OR COOL DAYS. GO!

✘ *Give staff a minute to choose a side.*

FALSE

It is UV radiation, NOT the warmth or brightness of the sun, that can harm your skin.

UV rays can pass through clouds and are not affected by wind or temperature. This means you can still get skin damage when it's cloudy, windy or cool!

2. SUNSCREEN CAN WEAR OFF IF IT'S NOT APPLIED EVERY TWO HOURS. GO!

✘ *Give staff a minute to choose a side.*

TRUE

Sunscreen needs to be reapplied every two hours to be effective.

It's also important to use a broad-spectrum sunscreen that is water resistant.

3. PEOPLE WITH OLIVE OR DARKER SKIN TONES AREN'T AT RISK FOR SKIN CANCER. GO!

✘ *Give staff a minute to choose a side.*

FALSE

Even people with darker skin tones can get skin cancer.

Regardless of skin type, if you spent your childhood in the sun without adequate protection you are at higher risk of developing skin cancer than someone who grew up using good sun protection.

4. THE SUN CAN MAKE PEOPLE SNEEZE. GO!

✘ *Give staff a minute to choose a side.*

TRUE

About 25% of people sneeze when exposed to the sun. It's genetic!

5. IT'S IMPORTANT TO GET A "BASE TAN" TO PROTECT YOURSELF FROM BURNING.

✘ *Give staff a minute to choose a side.*

FALSE

Having a tan does very little to protect your skin from burning, and the change in color from tanning is actually your cells defending themselves from further damage.

Even if the redness and swelling of a sunburn goes away and "turns into a tan," the UV radiation that caused the burn will have already damaged your cells!

6. TANNING BEDS ARE A SAFE ALTERNATIVE TO TANNING IN THE SUN.

✘ *Give staff a minute to choose a side.*

FALSE

Tanning beds are NOT a safer alternative to sunlight.

The intensity of UV rays in tanning beds can be more than 10 times stronger than the midday sun, which will increase your chance of developing skin cancer and wrinkles.

The best thing is to avoid tanning altogether. It's more important to love and protect your skin, whatever its natural color.

7. ONLY OLD PEOPLE GET SKIN CANCER.

✘ *Give staff a minute to choose a side.*

FALSE

Skin cancer is rapidly becoming a young person's disease.

Malignant melanoma, the most dangerous kind of skin cancer, is the second most common form of cancer for young people.

The most common cause of skin cancer is over exposure to the sun, which it's why it's important to stay safe in the sun.

Good job everyone!

When you work outside, it's important to practice sun safe behaviors to protect your own skin and to be a model for others to protect their skin, too.

PUSH FORWARD

✘ *Pass out PUSH cards.*

On your card is a link to the Promoting U through Safety and Health page (www.promotingusafetyhealth.com). If you follow this page you can learn about other ways to stay safe at home and at work.

**6 SUN SAFETY
SIGNS – EXAMPLES**

TRUE

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FALSE

**PU
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