

**As an outdoor worker  
you are at a greater  
risk of **skin cancer**  
because of exposure  
to the sun's UV rays**



# FACT

It can take 10-30 years for skin cancer to appear, so if you haven't always protected your skin from the sun, **you could still be at risk.**

The longer you have spent in the sun, the **greater your risk** of developing skin cancer.

Skin cancer **kills more men** than women.

Skin cancer is the **most common** form of cancer.



## Check your skin

Checking your skin for signs of skin cancer can be quick, simple and could save your life.

The **ABCD** (**A**symmetry, **B**order, **C**olour, **D**iameter) rule can help you remember some key changes to look out for.



**A**



Asymmetry  
15mm

**B**



Border  
10mm

**C**



Colour  
10mm

**D**



Diameter  
30mm

**Finding skin cancer early could save your life. Report any new moles, freckles or patches of skin to your doctor.**

- Try and get to know what your skin usually looks like and keep an eye out for changes.

- Signs of skin cancer:

*A new growth, sore or patch of dry skin that will not heal.*

*A spot, mole or sore that itches, hurts, crusts, scabs or bleeds.*

*A mole that changes size, shape or colour.*

Visit **[sunsmart.org.uk](http://sunsmart.org.uk)**  
for further information.



# Protect **yourself** from the sun



- Cover up.
- Try to stay in the shade at break times.
- Use a sunscreen with at least an SPF of 15 (a higher SPF will give greater protection to any areas of the skin that are exposed).
- Make sure to protect high-risk areas such as your ears, lips and back of the neck.
- Wear sunglasses, if possible, to protect your eyes.



This information is brought to you by Public Health Liverpool.