

TEST ANSWERS: Sun Safety

1. Over 1,200 Canadians die from melanoma skin cancer each year, and rates are rising.

- a) True
b) False

RATIONALE: While 1,200 Canadians died from melanoma skin cancer, even more concerning is that 7,000 skin cancers were attributed to occupational sun exposure, putting you at even greater risk.

2. Which of the following is true: (Circle all that apply)

- a) UV from the sun is the primary cause of skin cancer
b) About 80,000 new cases of non-melanoma skin cancers are reported each year
c) 1 in 3 cancers is a skin cancer
d) Skin cancer is not preventable
e) All of the above

RATIONALE: While skin cancer is largely preventable, 80,000 new cases are reported each year. UV is the primary cause of skin cancer and 1/3 of all cancers are skin cancer. Skin cancer can be prevented by becoming knowledgeable about the damage the sun can do as well as the ways to protect yourself including using sunscreen and covering up while in the sun.

3. Outdoor workers have a 2.5-3.5 times greater risk of developing skin cancer compared to indoor workers:

- a) True
b) False

RATIONALE: The largest industrial groups exposed to sun in Canada are construction, farming and building care and maintenance, putting them at 2.5-3.5 times greater risk of developing skin cancer compared to indoor workers.

4. Which of the following controls help you protect yourself against damage from the sun? (Circle all that apply)

- a) Long clothing
b) Brimmed hats
c) Sunscreen
d) Shade
e) Sunglasses

RATIONALE: To protect yourself from the sun's damage, be sure to wear long clothing, brimmed hats, sunglasses and sunscreen; try to stay in the shade when possible.

5. Storing sunscreen in hot conditions, such as in your vehicle, could cause the active ingredients to deteriorate.

- a) True
b) False

RATIONALE: While sunscreen is a great defense against UV damage, it does need to be broad spectrum, water-resistant SPF 30, applied correctly and stored properly to be sure the active ingredients do not deteriorate. Storing it in your vehicle or in any hot condition will cause the sunscreen to become less effective.