

## Sun Safety

- **We often associate farm safety with properly using equipment.** However, many may forget to protect themselves from the danger of sun damage.
- One in 5 Americans will develop skin cancer. Risk for basal cell carcinoma, a skin cancer, is 40 percent higher in UV exposed workers compared to indoor workers. This includes farmers, who spend hours working outdoors.

### PREVENTION

To prevent sun damage:

- Use a broad-spectrum sunscreen of 30+ SPF (even on a cloudy day)
  - Use a waterproof sunscreen so it is not easily removed by sweat
  - Apply 1 ounce, every 2 hours
- Cover up
  - Wear long pants, long-sleeved shirts
  - Wear lightly woven, bright-colored clothing
  - Wear a hat (preferably wide-brimmed)
    - The highest risk for skin cancer is on your face and scalp

### Additional Sun Safety Tips

- **Seek the shade**
- **Don't allow yourself to burn**
- **Keep newborns out of the sun**
- **Avoid tanning booths**
- **Examine your skin**
- **Visit your physician annually**
  - early detection can help save your life



Figure 1. Farmers are at a higher risk of skin cancer due to increased sun exposure.

### SELF EXAMINATION IS KEY

It's important to examine your skin (on your entire body) monthly because skin cancers detected early can often be treated. The most important warning sign is a spot on the skin that is changing in size, shape, or color during a period of one month up to 2 years.

Skin cancers often take the following forms:

- Pale, wax-like, pearly nodules
- Red, scaly, sharply outlined patches
- Sores that don't heal
- Small, mole-like growths – melanoma, the most serious type of skin cancer

If you find these unusual skin changes, see a health care professional immediately.

For more tips to help you protect your skin from the sun, visit <https://www.osha.gov/SLTC/etools/sawmills/uvradiation.html>.

More information on skin cancer is available at [www.skincancer.org](http://www.skincancer.org).

### GROWING SAFELY VIDEO

Watch the **Growing Safely Sun Safety** video on the Monsanto YouTube Channel,

[www.youtube.com/user/OffTheJobSafety](http://www.youtube.com/user/OffTheJobSafety)

In the video, a district sales manager discusses how a spot on his skin changed his life.

#### Sources:

What is skin cancer? Skin Cancer Foundation. [www.skincancer.org](http://www.skincancer.org) (verified 6/7/2014)

What's all the fuss about sunscreen? 2012. Penn State University Agricultural Safety and Health News

For additional agronomic information, please contact your local seed representative.

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