



Skin Safe “Alert”



22 September 2006

MOBILE ONSITE AWARENESS PROGRAM SCREENING, EDUCATION & TRAINING

The Worksafe Medics way:

- Doctors educated in dermatology
- Members of the Skin Cancer Society of Australia
- Increasing detection in high risk occupations
- Complements your existing Sun Safe policies
- Education on correct self examination techniques
- Confidential reporting and advice for employees.



Screening is more economical than the medical, legal and emotional costs of treating late stage cancer....

Why Use WorkSafe Medics

- We are just not GP's, our Doctors are qualified to perform skin cancer screening, with diplomas in dermatology and several years experience.
- Members of the skin cancer society of Australia
- We come to you... performing screening onsite
- Alleviate the pressure of downtime
- Eliminate the co-ordination of multiple providers... and multiple bills
- Skin Cancer awareness techniques
- Teaching of examination techniques
- Easy to understand report format

Clients using WorkSafe Medics

- Sydney Olympic Park Authority
- Sydney Cricket Ground
- Boeing Australia
- Basell Australia
- Royal Botanical Gardens

- Syngenta
- Private Schools & Colleges
- Over 50 golf clubs & resorts state wide

Testimonial

“We have been using WorkSafe Medics for approximately 2 years; they have provided us with excellent service, quality & work performance.

We use WorkSafe Medics as our main medical supplier for all work related issues, for staff medicals and training.

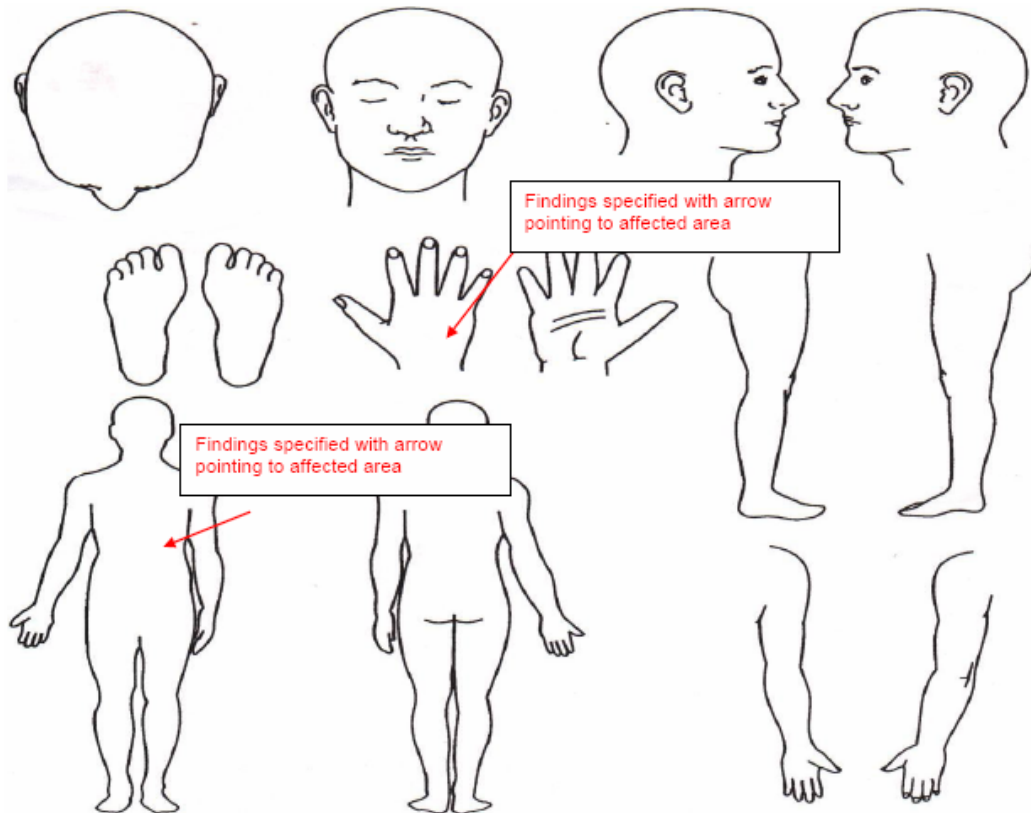
They have designed and developed specific training programs for our employees to improve their health and fitness.

I have no hesitation in highly recommending their services”.

○ Peter Howieson
Site Manager
Basell Australia
October 2005

The WorkSafe Way
SAMPLE REPORT TO EMPLOYEE

Employee Name: _____ Date of Birth: _____



Types of Skin Cancers

Cancer can develop in the cells of the skin. Skin cancers are named after the type of cell they start from. **Basal cell cancer** and **squamous cell cancer** are the two most common types of skin cancer. They are sometimes called non-melanoma skin cancer because they don't develop from melanocytic cells.

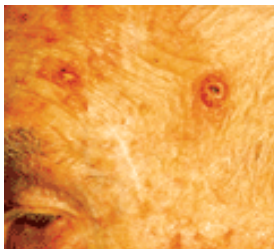
The third type of skin cancer is melanoma, which begins in the melanocytes. Other spots that aren't skin cancer can also appear.

Basal cell cancer (BCC)



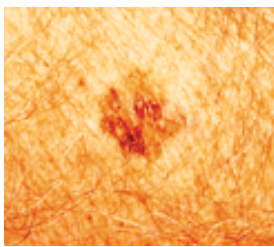
- 70-85% of skin cancers
- Most common in people aged over 40
- Slow growing
- Red, pale or pearly in colour
- Usually appear on the head, neck and upper body
- Can grow deeper into the skin

Squamous cell cancer (SCC)



- 15-20% of all skin cancers
- Most common in people aged over 50
- Faster growing
- Thickened red, scaly spot
- Usually appear on the head, neck, hands and forearms
- Can spread to other parts of the body

Melanoma



- 5% of skin cancer cases
- The most serious but can be treated successfully when diagnosed early
- New spot, or existing freckle or mole may change in size, shape or colour
- Irregular edge or surface, blotchy with brown, black, blue, red, white or light grey colour. May itch or bleed.

Other spots to watch for

Other spots that aren't skin cancer can also appear. They are warning signs that your skin has received too much sun and you may be more prone to melanoma.

Solar keratoses (sun spots)



- Usually occur in people over 40 years of age
- Appear on areas of skin exposed to the sun, such as the head, neck, arms and legs.
- Flattish, red scaly patches which may sting if scratched.

Dysplastic naevi



- Flat, fairly large moles
- Have an irregular shape and an uneven colour

What to Look for

Check the skin all over, including the soles of your feet. Use a mirror or ask a family member or friend to check areas that are hard to see, such as your back or behind the legs. Ask your doctor to check your skin.

Skin cancers don't all look the same. Signs to look for include:

- A new spot that is different from other spots on the skin around it
- A sore that doesn't heal
- A spot, mole or freckle that has changed in size, shape or colour.

Skin cancers detected early have a 95% treatment success rate.

A B C D Rule

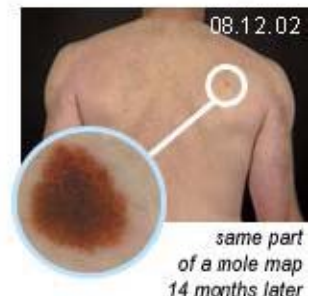
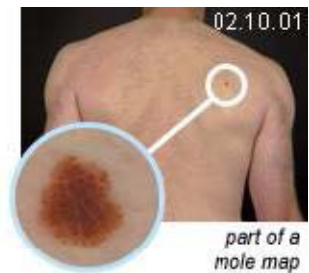
A = Asymmetry

B = irregular **B**order

C = Colour variation

D = Diameter increase

E = Evolution or elevation



Causes

Skin cancers generally develop because of overexposure to ultraviolet (UV) radiation from the sun and other sources such as tanning machines in solariums. UV radiation cannot be seen or felt. It causes:

- Sunburn
- Early aging of the skin
- Damage to the skin that builds up over time and can lead to skin cancer.

Australia has the highest rate of skin cancer in the world. One in two people who live in Australia all their lives will get some form of skin cancer. This is because the risk of developing skin cancer is affected by where a person lives. Australia gets high amounts of UV radiation. This makes the sun strong enough to cause skin cancer in our mainly fair-skinned population.

Skin cancer is related to lifetime exposure to UV radiation. While skin cancer usually appears in older adults, the damage begins at an early age.

Who is at risk?

Anyone can develop skin cancer but the risk is increased if a person:

- Does not protect their skin from the sun
- Works or spends a lot of time in the sun
- Was born or spent their childhood in Australia
- Was sun burnt as a child
- Has skin that burns easily and doesn't easily tan
- Has a family history of skin cancer
- Has sun spots (solar keratoses)

People with dark or olive skin have more protection against skin cancer because they produce more melanin than fair-skinned people. Melanin absorbs UV radiation from sunlight.

However, because UV radiation is so strong in Australia, dark and olive-skinned people still need to protect their skin.

For more information, call 1800 422 338 or go to the website www.worksafemedics.com.au.

PRINT THIS LEAFLET AND PLACE IT ON YOUR NOTICE BOARD AT WORK



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Your Rights At Work website - <http://www.rightsatwork.com.au/>

Tune in to Workers Radio Sydney 88.9FM Weekdays 5:30am – 9:00am