



## **Bakersfield Composite Squadron #121**

### **60-Second Safety Advisor #33**

#### **Overexposure to UV rays**

Summer time can mean more time in the sun and more need to protect yourself from exposure to the sun's rays. Many of us underestimate the danger of prolonged exposure to the sun.

Skin cancer is the most common form of cancer in the United States, and exposure to the sun's ultraviolet (UV) rays appears to be the most important environmental factor involved in the development of skin cancer. UV rays from artificial sources of light, such as tanning beds and sunlamps, are as dangerous as those from the sun and should also be avoided.

The three major types of skin cancer are the highly curable basal cell and squamous cell carcinomas and the more serious malignant melanoma. Although anyone can develop skin cancer, some people are at particular risk. Some of the risk factors include light skin, hair, or eye color, family history of skin cancer, personal history of skin cancer, chronic exposure to the sun, history of sunburns early in life, certain types of moles, or a large number of moles, and freckles which indicate sun sensitivity and sun damage.

Although both tanning and burning can increase a person's risk for skin cancer, most Americans do not consistently protect themselves from UV rays. When used consistently, sun-protective practices such as sunscreen, good coverage with clothing, hats, and shading devices can prevent skin cancer. Enjoy the summer, but understand and mitigate the risks associated with UV rays.

