your skin is in
IMPACT MELANOMA
for lifeguards
Thank you!

Lifeguards are **SO** important

- You are an essential asset to your community, a symbol of safety and good judgement.
- Young swimmers look up to you (and will imitate you!)
What is melanoma?

- Deadliest form of skin cancer
- Can spread to other vital organs
- Can be fatal if not caught early
What does melanoma look like?

A. Asymmetry
B. Border irregularity
C. Color variation
D. Diameter >6mm
E. Evolution
Why is this important?

• 2\textsuperscript{nd} most common cancer for teens and young adults ages 15-29

• New England has higher than average risk of melanoma
Who is at risk for melanoma?

Everyone is at risk!

Increased risk factors:

• **UV exposure**
• Number of moles on the skin
• Skin type
• Family history
Lifeguards & UV exposure

Lifeguards have to be **doubly** careful!

1) UV rays from sun up above &

2) Sun is also reflected by the water!
What if....

...I wear sunblock and avoid sunburns?

– FACT: There is no such thing as a healthy tan!
Tans turn into wrinkles
Love the skin you’re in!

“My friends say I need a tan, but I tell them I like the way I look!”
This summer...

- You are doing such an AMAZING job keeping others safe...
- Don’t forget to also keep *yourself* **SUN SAFE** to prevent melanoma!
Seek **shade** whenever possible

- *Does your lifeguard chair have an umbrella?*
- *Can you ask your employer for an umbrella for your chair?*
Protective clothing, hats & sunglasses

• Are you allowed to wear a long-sleeved shirt or T-shirt over your uniform?

• Broad-brimmed hats provide the best coverage
SUN SAFE Basics

Sunscreen SPF 30+ AT LEAST with UVA/UVB protection - every 2 hours

- Use generous amounts
- Re-apply if you swim or get wet
- Don’t forget your lips – try SPF lip balm!
What to look for in a sunblock?

Any brand with:

1) Broad spectrum (UVA & UVB protection)

2) SPF 30 or higher
   - SPF 30 blocks 97% of sun rays
   - SPF ONLY accurate if you apply generous amounts!
   - If you wear a higher SPF, you still have to reapply at least every 2 hours!

3) Water resistance
What to look for in a sunblock?

Dry skin?
• *Try a cream!*

Acne?
• “*Non-comedogenic*” won’t clog pores!

Hairy chest?
• *Sunscreen gel works well!*

Don’t like applying sunscreen to your face?
• *You might like a sunscreen stick!*
If you are going to use a spray sunscreen:

– Make sure to spray A LOT and rub it in
– Do not spray in windy places
– Do not inhale or apply near heat or open flame
What is SPF anyway?

- SPF = sun protection factor
- Wearing SPF 30 lets you stay out in the sun without getting burned 30 times longer than you would without sunblock
- *(SPF lets you stay out in the sun without getting burned 50 times longer than you would without sunblock)*
Chemical blockers
• *Example: PABA (para-amino benzoic acid)*
• *These compounds absorb the sun’s rays*

Physical blockers
• *Zinc oxide & titanium dioxide*
• *These natural minerals deflect the sun’s rays*
• Avoid tans, sunburns, tanning beds

  – The goal of sun protection is to keep your skin its original color – the same color that your stomach is in the dead of winter!

  – “Base tans” from tanning beds do NOT protect you!
$1,000 Scholarships Available!

High school seniors and college students can become Your Skin Is In Ambassadors at their school and have the chance to win a $1,000 scholarship!

Visit impactmelanoma.org to get started!
Become A Your Skin Is In Ambassador

✓ Visit yourskinisin.org
✓ Register as a Student Ambassador
✓ Receive your Box of Goodies
  T-shirts, posters, materials, etc.
✓ Check out the Toolkit for ideas
✓ Take the eLearning course online
  • Interactive Trivia Game
  • Video Scenarios
  • Photos Showing UV Damage
✓ Spread awareness at your school
✓ Apply for a $1,000 Scholarship!
We hope that you have an amazing, SUN SAFE summer!

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