

your skin is in
IMPACT MELANOMA

for lifeguards

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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?



Asymmetry



Border irregularity



Color variation

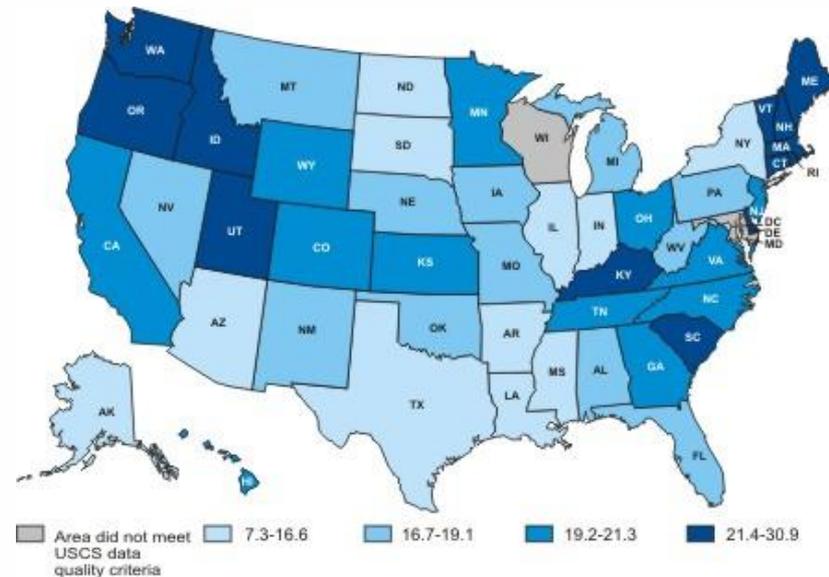


Diameter >6mm

Evolution

Why is this important?

- 2nd 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!



SUN SAFE Basics

Seek **shade** whenever possible

- *Does your lifeguard chair have an umbrella?*
- *Can you ask your employer for an umbrella for your chair?*



SUN SAFE Basics

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?

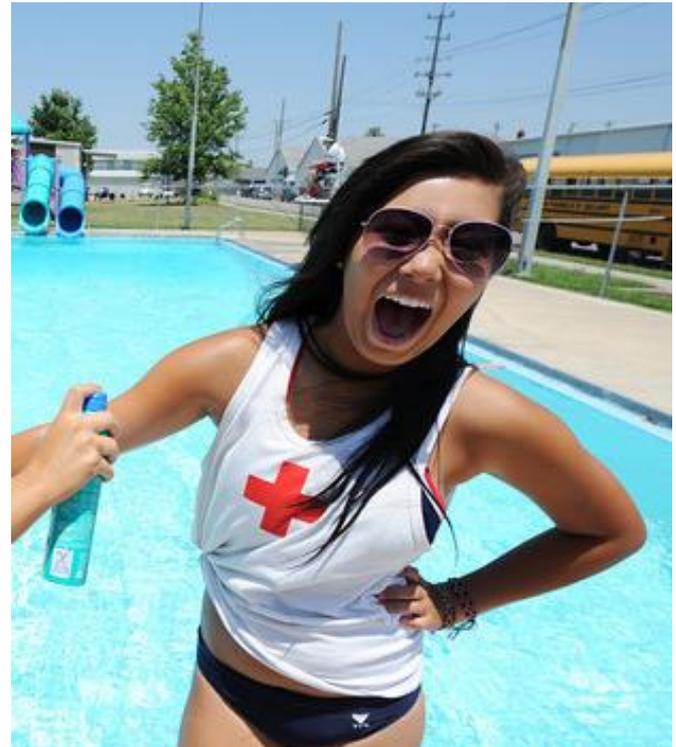
- *You might like a sunscreen stick!*



What to look for in a sunblock?

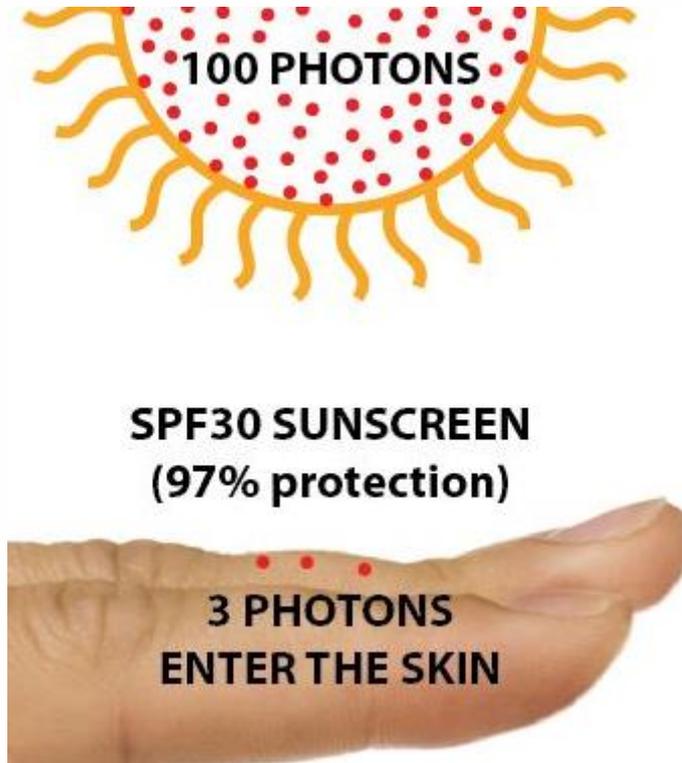
If you are going to use a
spray sunscreen:

- 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)*



How does sunblock work?

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*



In summary...

- 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!

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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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