

## Australia has one of the highest rates of melanoma in the world

**At least 2 in 3** Australians will be diagnosed with skin cancer by the age of 70

Skin cancer causes more deaths than transport accidents in Australia each year

**2162**

deaths from skin cancer

**1383**

deaths from transport accidents for the 2015 period



## How much sun is enough?

Vitamin D is triggered by the sun touching the skin. It is needed for healthy bones and muscles.

When UV levels are below 3, sun protection is not recommended unless near reflective surfaces such as snow or outside for an hour or more.

UV levels above 3 – sun protection is recommended.

Sunscreen use should not put people at risk of vitamin D deficiency.

### UV levels



### SLIP on clothing

The best barrier between your skin and the sun.

Cover as much skin as possible.

The tighter the fabric weave, the better the sun protection.



### SLOP on sunscreen

SPF30 (or higher) broad-spectrum and water-resistant. Apply 20 minutes before you go outside.

Use a generous amount.

Reapply every 2 hours.

Never rely on sunscreen alone – use all 5 steps for good sun protection!

Check expiry date.



### SLAP on a hat

Broad-brim to protect the face, head, neck and ears.



### SEEK shade

Natural, built or portable, such as marquees and tents.

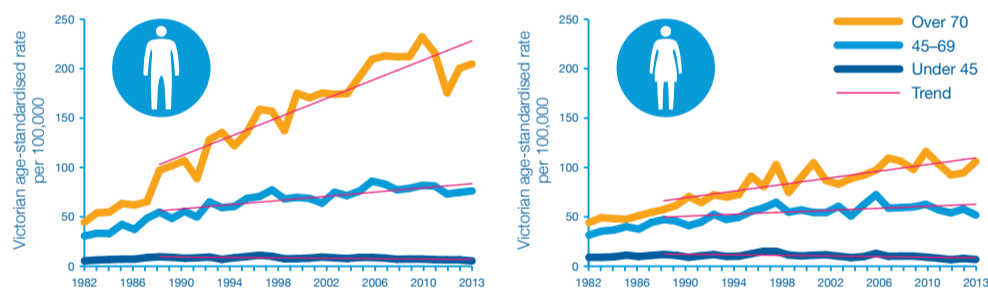


### SLIDE on wrap-around sunglasses

Protect your eyes year-round.

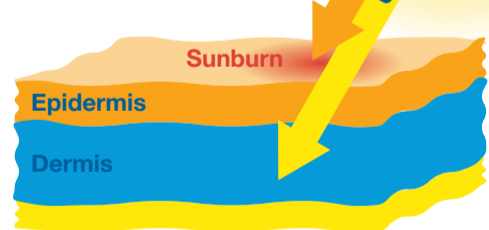
Melanoma incidence in Victoria continues to rise, but rates of increase have slowed. There are also falling incidence rates in people under the age of 45.

### Skin cancer incidence is higher in men than in women

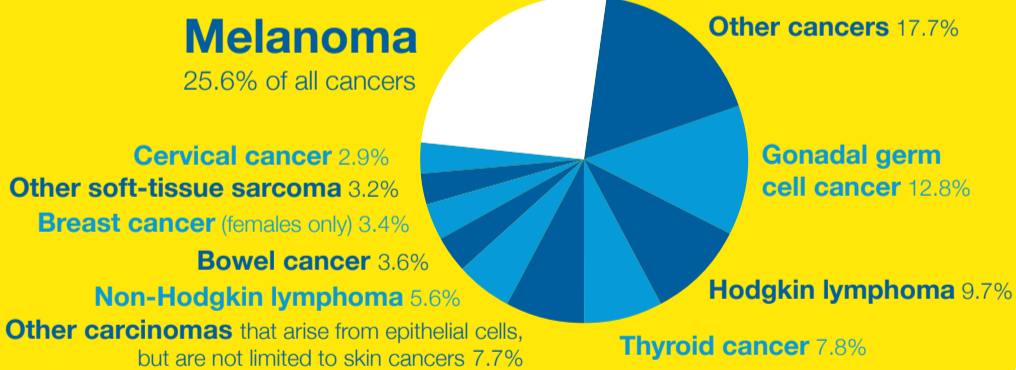


### Think UV not heat

The major cause of skin cancer is overexposure to the sun's ultraviolet (UV) radiation. UV can't be seen or felt, so it can damage skin without us knowing.



### Melanoma is one of the most common cancers diagnosed in Australians aged 15-29 years



### Risk factors

Previous skin cancer Fair skin type that burns easily **Lots of moles** History of severe/blistering sunburns Family history of skin cancer **Actively tan** Lots of time spent outdoors unprotected Outdoor worker



The fairer your skin, the higher the risk

Check the free SunSmart app to know when you do and don't need sun protection.

[sunsmart.com.au/app](http://sunsmart.com.au/app)

