

GO SUN SMART

*A Ski & Snowboard School Instructor
Program Promoting Sun Safety*



MODULE 1:

Introduction to Sun Smart



Overview

- Know Your Personal Risk
- Recognize Signs of Skin Damage
- Practice Sun Smart Behavior
- Make Sun Smart Goals for Yourself
- Give Sun Smart Customer Service



Ultraviolet (UV) Rays Damage The Skin

- 90% of skin cancers are caused by UV exposure.
- UV can burn the retina and cause cataracts of the eyes.
- UV is higher in alpine environments.
 - UV increases by 5% for every 1,000 feet above sea level.
 - Snow can reflect 85-95% of UV rays.



Incidence of Skin Cancer

- Over 1 million cases of non-melanoma skin cancer in the U.S. and over 70,000 in Canada in 2001.
- 51,400 cases of melanoma in the U.S. and 38,000 in Canada in 2001.
- Melanoma will kill 7,800 people in the U.S. and 820 people in Canada in 2001.

