

# LIFEGUARD SUN SAFETY

Melanoma is one of the few cancers to affect young adults and is the second most common cancer amongst 15-34 year olds.<sup>1</sup> In 2010, nearly 5,500 Canadians were diagnosed with melanoma and over 1,000 died from it.<sup>2</sup>

Those who work outside in direct sunlight are at greater risk of skin cancer. Exposed human skin can tan or burn – both are signs of damage to the underlying cells. A burn, in particular, is a marker of extensive damage that normal DNA repair mechanisms may not be able to repair. Sunburn at any age is an indicator of UVR overexposure (generally intermittent exposure) and increases the risk of skin cancer, particularly of melanoma.<sup>3</sup>

For lifeguards at outdoor facilities there's a risk from the sun above, but also from the reflection off water or sand. Lifeguarding at a beach, waterpark or outdoor pool is fun and can be safe if you take the proper sun safety precautions.



The scalp, especially where hair is parted burns easily. Apply sunscreen to any parts and always wear a hat while guarding.



Protect your eyes – use polarized lenses for lifeguarding that also protect against UVA and UVB rays.

A shot glass full of sunscreen should be enough to cover your entire body. If you have to go in the water, dry off and reapply after, don't wait until your break.



Melanoma is most common on the backs of men and on the legs of women, although it can appear anywhere on the skin.<sup>4</sup>



Special solar umbrellas can protect you from harmful UV rays.



Lips burn easily and are susceptible to skin cancer. Use an SPF lip balm regularly to protect sensitive lip skin.

"UV rays can get through clouds, fog and haze. Water, sand, concrete and especially snow can reflect, and even increase, the sun's rays."<sup>5</sup>

Put sunscreen on your entire body at least 20 minutes before your shift. Reapply on breaks.



LIFESAVING SOCIETY  
*The Lifeguarding Experts*

1 <https://melanomaneetwork.ca/pdfs/FACT%20SHEET%20Melanoma.pdf> pg. 1  
2 <http://www.cancer.ca/-/media/cancer.ca/CW/cancer%20information/cancer%20101/Canadian%20cancer%20statistics/Canadian-Cancer-Statistics-2014-EN.pdf>  
3 Canadian Cancer Society <http://www.cancer.ca/en/prevention-and-screening/live-well/sun-and-uv/?region=on#bzz3bGBvFDa> pg.  
87 <https://melanomaneetwork.ca/pdfs/FACT%20SHEET%20Melanoma.pdf> pg. 1  
4 <https://melanomaneetwork.ca/pdfs/FACT%20SHEET%20Melanoma.pdf> pg. 1  
5 <https://melanomaneetwork.ca/pdfs/FACT%20SHEET%20Melanoma.pdf> pg. 1