

Our Dangerous Sun & What You Can Do About It

Do you stand a high risk of contracting skin cancer?

You are on the road every day. You're constantly exposed to the rays of the sun. Road maintenance and construction is hot hard work. You're tempted to take your shirt off and throw your hat in the back of the truck. Beware: Experts warn that today's rays can develop into life-threatening skin cancer.

In fact, of all malignancies in the United States, one-third are skin cancers, says dermatologist Darrell S. Rigel, M.D., New York University Medical Center. The American Cancer Society estimates that more than 630,000 new cases of skin cancer - most caused by too much sun - will be diagnosed during 1991.

People don't realize that tans and burns don't turn into cancer overnight, Dr. Rigel says. There's generally a 10 to 20 year delay. Today's statistics show what people were doing in the '60s, '70s and early '80s, he explains.

Says Derek Cripps, M.D., a University of Wisconsin Medical School professor of dermatology: "Your skin is like a bank account with a memory - it never forgets sunlight to which it's been exposed. Unless you protect your skin, there will come a time when it can no longer accept any more sun damage, leading to wrinkling, cracking and probably cancer."

Gambling With Melanoma

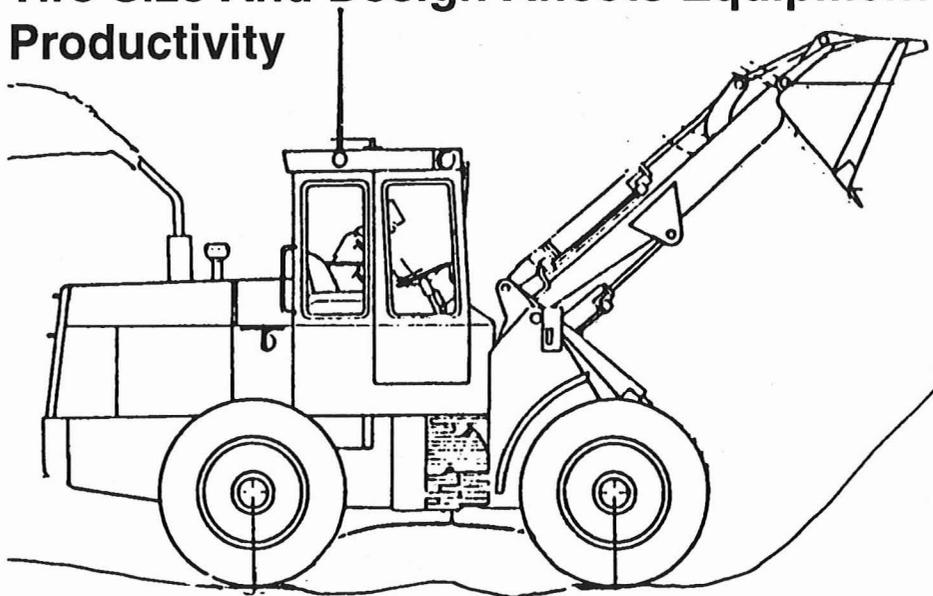
Melanoma is the nightmare of all skin cancers. The New York University Medical Center has uncovered six factors that increase the odds of developing melanoma.

Determine Your Risk: Circle the factors that apply to you:

- Blond or red hair
- Marked freckling on your upper back.
- Small, rough, red bumps on your skin from sun exposure.
- Family history of melanoma.
- Three blistering sunburns during your teenage years.
- Three or more summers of outdoor work as a teenager.

Understand Your Risk: If you circled one or two factors, your risk of melanoma is 3.5 times greater than your risk if you hadn't circled any. If you circled three or more, your risk is 20 to 25 times greater.

Tire Size And Design Affects Equipment Productivity



Tire size and design can mean the difference between spinning in place in muddy terrain or getting the job done, even in sloppy conditions. If spinning wheels sound familiar to you, before you blame your equipment or weather conditions, check the tires:

- Make sure your tire size matches the equipment manufacturer's spec.
- Check the air pressure to ensure you're not over- or under-inflated.
- Examine the tire aspect ration.
- Soft road conditions require a tire with a low aspect ratio - about 65%. (A 65% aspect ratio means that the height of the tire is 65% of its width.) The lower the aspect ration, the wider the tire and the more ground contact it has.

- Use the correct tire type. For instance, there are seven different types of loader tires, and your selection will depend on whether you need a high flotation or high traction tire.
- Tires that are overloaded will damage your tires and/or prevent your equipment from performing up to its capabilities. Identify the proper tire for your load conditions.
- Beyond matching your loads to the tires, ensure that the tires you're using are designed for the speeds on your job site. Tires that aren't designed for high speeds can't withstand the higher temperatures. Identify the speed your tires are designed to handle.

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If You Must Be In The Sun, Take Extreme Precautions

There's no such thing as a safe tan, according to the American Academy of Dermatology. Never seek a tan by sunbathing or using tanning lamps, the Skin Cancer Foundation warns. But sometimes you just have to be in the sun. When you do, experts advise:

- **Avoid tanning binges.** Melanoma tends to hit people who try to tan quickly.
- **Choose a sunscreen** with a sun protection factor (SPF) of at least 15. People with light complexions should

- choose at least SPF 20. Blonds and redheads, at least a 30.
- **Block UVA and UVB (two types of ultraviolet light linked to cancer)** Broad-spectrum sunscreens, such as those containing benzophenones (oxybenzone), cinnamates and salicylates, can provide protection against both UVA and UVB.
- **Apply sunscreen liberally,** at least 15 minutes before you go out. For continued protection reapply every two hours if you're perspiring. Also reapply sunscreen immediately after swimming.

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