

The 'ABCDE' checklist helps you to know when a mole or patch of skin might be melanoma skin cancer. Know what your skin normally looks like, and check your skin and moles regularly for these changes.

**A**



**A = Asymmetry**

One half of the mole is not the same as the other.

**B**



**B = Border**

The edges ('border') of the mole are irregular, blurry or jagged.

**C**



**C = Colour**

The mole is uneven in colour. It might have different shades of black, brown and pink in it.

**D**



**D = Diameter**

This refers to the size of the mole. Melanomas may grow more than 6mm wide. This is the width of a pencil.

**E**

**E = Evolution**

'Evolution' means that the mole is changing. The mole may change in size, shape or colour. It may also start to itch or bleed. Normal moles usually stay the same size, shape and colour.



## More information

[www.hse.ie/sunsmart](http://www.hse.ie/sunsmart) and  
[www.hse.ie/cancerearlydetection](http://www.hse.ie/cancerearlydetection)

Read our resources:  
You can download or order free copies from  
[www.healthpromotion.ie](http://www.healthpromotion.ie)  
and choose 'cancer' on the drop down menu.

Contact us at  
[prevention@cancercontrol.ie](mailto:prevention@cancercontrol.ie)

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# SunSmart for Farmers

Protect your skin when working outdoors



An Roinn Talmhaíochta,  
Bia agus Mara  
Department of Agriculture,  
Food and the Marine



## Know the skin cancer facts!

- Skin cancer is the most common cancer in Ireland and the number of people being diagnosed is rising rapidly.
- Most skin cancers could be prevented by protecting skin from the sun.
- Up to 90% of UV rays from the sun can pass through light clouds so it's important to protect skin even on cloudy days.
- UV rays reflect off water, sand, concrete, light-coloured surfaces and snow. Some UV rays can pass through glass. If you spend long hours sitting next to a window when you are driving, you should use sun protection.



## Be SunSmart at all ages

Playing and spending time outdoors is good for your child. But it is important to protect their skin when outside in the sun.

Children's skin is more sensitive to damage from the sun's UV rays than adult's skin. Sunburn during childhood increases the risk of getting skin cancer as an adult. For this reason it is important to protect yourself and children by being SunSmart.

## Protect Your Skin

Working outdoors is an everyday part of farming life but it is important to take simple steps to protect skin from the sun to reduce the risk of skin cancer.

Follow the SunSmart 5 S's to protect skin from the sun:



**S**lip on clothing that covers your skin such as long sleeves, collared t-shirts.



**S**lop on sunscreen on exposed areas, using factor 30+ for adults and 50+ for children. Apply 20 minutes before going outside. Reapply every 2 hours - more often if sweating.



**S**lap on a wide brimmed hat to protect your face, ears and neck.



**S**eek shade especially if outdoors between 11am to 3pm when UV rays are at their strongest. Plan your work outdoors early in the morning or late afternoon to avoid the peak UV sunrays. Use trees or portable shade for break times and lunch.



**S**lide on sunglasses to protect your eyes.

## Spot Skin Cancer Early

Farmers are exposed to 2-3 times more UV rays from the sun compared with people who work indoors, putting them at higher risk of skin cancer.

The earlier skin cancer is found the easier it is to treat.

Talk to your GP without delay if you notice any changes on your skin, or a new or changing mole. It may not be skin cancer, but it is always best to get it checked to be sure.

To find skin cancer early it helps to know what your skin and moles normally look like. That way, you'll notice any changes more easily. To check areas of your skin that you can't see easily, like the skin on your back, use a handheld mirror or ask your partner, a family member or friend to look for you.

Call your GP today if you notice any of the following:

- A change in the size, shape or colour of a mole that you already have
- A mole that is often itchy or bleeding
- A new mole that looks different to the other moles that you have
- A change to a normal patch of your skin, like a new dark spot on your skin
- A dark coloured line or patch under your nail, or any abnormal skin under your nail