

SAFETY PARTNER NEWS

Promoting the culture of safety

May/June 2015

Skin Cancer: Treatable and Beatable with Early Detection

How can I prevent skin cancer?

Sun exposure is the most preventable risk factor for all skin cancers. Here is what you can do:

- **Generously apply a broad-spectrum, water-resistant sunscreen** with a Sun Protection Factor (SPF) of 30 or more to all skin not covered by clothing. "Broad-spectrum" provides protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Reapply approximately every two hours, even on cloudy days, and after swimming or sweating.
- **Wear protective clothing**, such as a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses, when possible.
- **Seek shade** when appropriate. Remember that the sun's rays are strongest between 10 a.m. and 2 p.m. If your shadow appears to be shorter than you are, seek shade.
- **Use extra caution near water, snow and sand** because they reflect and intensify the damaging rays of the sun, which can increase your chances of sunburn.
- **Get vitamin D safely** through a healthy diet that may include vitamin supplements. Don't seek the sun.
- **Avoid tanning beds.** Ultraviolet light from the sun and tanning beds can cause skin cancer and wrinkling. If you want to look tan, consider using a self-tanning product or spray, but continue to use sunscreen with it.

What does skin cancer look like?

Melanoma is the deadliest form of skin cancer

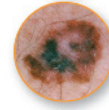
- Melanoma frequently develops in a mole or suddenly appears as a new dark spot on the skin.
- Early diagnosis and treatment are crucial.
- Knowing the ABCDE warning signs of melanoma can help you find an early melanoma.



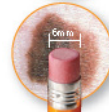
A ASYMMETRY; one half is unlike the other half.



B BORDER; irregular, scalloped, or poorly defined border.



C COLOR; varied from one area to another; shades of tan and brown, black; sometimes white, red or blue



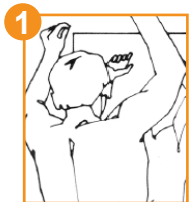
D DIAMETER; while melanomas are usually greater than 6mm (the size of a pencil eraser) when diagnosed, they can be smaller.



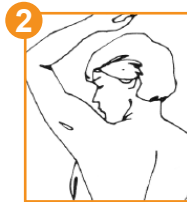
E EVOLVING; a mole or skin lesion that looks different from the rest or is changing in size, shape or color.



Skin Cancer Self-Exam: The American Academy of Dermatology encourages everyone to perform periodic self-exams — taking note of all spots from moles to freckles to age spots. If you see a new spot or notice something changing, itching or bleeding on your skin, make an appointment with a dermatologist.



Examine body front and back in mirror, then right and left sides, arms raised.



Bend elbows, look carefully at forearms, back of upper arms, and palms.



Look at back of legs and feet, spaces between toes, and soles.



Examine back of neck and scalp with a hand mirror. Part hair and lift.



Finally, check back and buttocks with a hand mirror.

Safety Spotlight

David Imig was driving home when he came across a single vehicle accident. The vehicle had hit a tree and was on fire. David immediately stopped his vehicle and grabbed the fire extinguisher to help a nearby homeowner put out the fire.

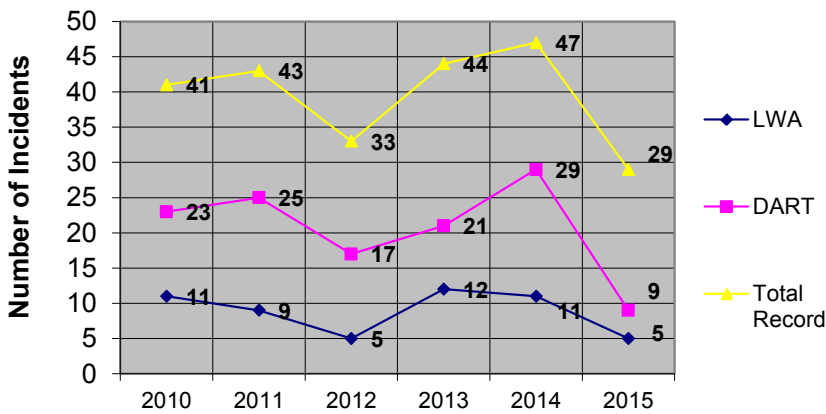
This event is a testament to David's quick thinking and commitment to safety both on and off the job.

Seasonal Safety Tips: Grilling

Gary Sheerin, VP/Operations Manager, Utility Design Services

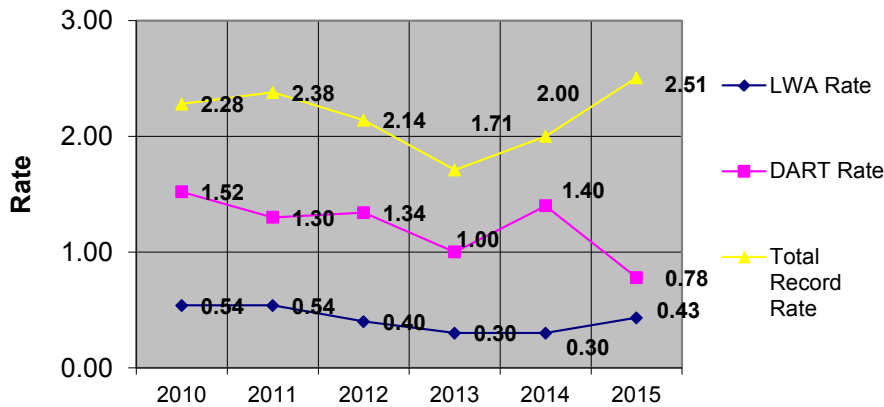
- 1 Place grill out from under the eaves of your home and away from siding and deck railings.
- 2 Keep grill a safe distance away from all walk areas, lawn games, and children's play areas.
- 3 Remind children to stay away from the grill.
- 4 Use the recommended starter fluid for charcoal and store starter fluid out of children's reach and away from all heat sources.
- 5 Never substitute any other combustible liquid to start the coals, especially gasoline.
- 6 Check propane cylinder hose for leaks prior to use.
- 7 Turn off valves when grill is not in use.
- 8 Use charcoal and propane grills outdoors only.

Ameren Contractor Injury Trend



Contractor Safety Stats Through May 2015

Ameren Contractor Injury Rate Trend



Good Catch!

A crew was removing hydraulic shoring for excavation. While one co-worker was using a tag line, another was using his hands to guide the metal shoring. Although this was done at a safe working distance, it was still near energized equipment.

The crew stopped the work and instructed the co-worker to use a tag line and discussed the hazards of guiding the shoring without a tag line. The shoring was lowered to the ground and a tag line was attached before the crew completed the work.

Good Catch!

Chance takers are accident makers.

We are interested in hearing what topics you would like to see in the newsletter. We would also appreciate any comments/feedback you have about the newsletter. Please contact us by email or our website.