

## SUN SAFETY TOOL KIT FOR OUTDOOR WORKERS

### Quiz

After completing all 4 Modules take this quiz. Choose the best answer for each of the questions.

- In California the most dangerous skin cancer is called?
  - Basal cell carcinoma
  - Lupis
  - Melanoma
  - Rickets
- Which combination of personal characteristics would give a person the greatest risk for skin cancer?
  - Brown skin, brown hair, has many moles
  - Green eyes, dark hair, no moles
  - Blue eyes, light skin, has many moles
  - Brown eyes, dark skin, black hair
- What are some recommended ways to prevent skin cancer?
  - Apply mineral oil to your skin
  - Seek shade when outdoors
  - Apply broad-spectrum sunscreen with a spf of 30 or higher to exposed skin
  - Sunbathe regularly
  - Wear a wide-brimmed hat and long clothing
  - Avoid getting sunburned
- During which time frame is it best to reduce contact with sunlight?
  - 10 a.m. to noon
  - 10 a.m. to 4 p.m.
  - 1 p.m. to 5 p.m.
  - 2 p.m. to 4 p.m.
- Consistent use of sunscreen will completely protect a person from skin cancer.
  - True
  - False
- A sunscreen labeled SPF 30 blocks twice as much UV radiation as one labeled SPF 15.
  - True
  - False
- How often should you perform a self skin examination with a hand mirror to check for moles and other possible signs of skin cancer?
  - Every day
  - Every week
  - Every one to three months
  - Every six months
- Excessive sun exposure can put you at risk for:
  - Skin cancer
  - Premature aging
  - Sunburn
  - All of the above
- You should apply sunscreen:
  - 2 hours before going outside
  - 30 minutes before going outside
  - 15 minutes before going outside
  - 5 minutes before going outside
- Clothing is more likely to provide better sun protection if it is:
  - Made of tightly woven fabric
  - A dark color
  - Long sleeved
  - All of the above



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### Quiz Answer Key

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