Australia has one of the highest rates of skin cancer in the world

Estimated global melanoma incidence rate per 100,000.

Skin cancer causes more deaths than transport accidents in Australia each year
- 2209 deaths from skin cancer
- 1428 deaths from transport accidents

Melanoma incidence in Victoria continues to rise, but rates of increase have slowed. There are also falling incidence rates in people under the age of 45.

Skin cancer incidence is higher in men than in women

Think UV not heat
- The major cause of skin cancer is overexposure to the sun’s ultraviolet (UV) radiation. UV can’t be seen or felt, so it can damage skin without us knowing.

Melanoma is the most common cancer diagnosed in Australians aged 15–29 years
- Melanoma: 25.6% of all cancers
- Other cancers: 17.7%
- Cervical cancer: 2.9%
- Other soft-tissue sarcoma: 3.2%
- Breast cancer: 3.4%
- Colorectal cancer: 3.6%
- Non-Hodgkin lymphoma: 3.6%
- Hodgkin lymphoma: 3.6%
- Thyroid cancer: 7.7%

Risk factors
- Previous skin cancer
- Sensitive skin type that burns easily
- Large number of moles
- History of severe/blistering sunburns
- Family history of skin cancer
- Actively tan
- Lots of time spent outdoors unprotected
- Outdoor worker

Check the free SunSmart app to know when you do and don’t need sun protection.
sunsmart.com.au/app

SLIP on clothing
- The best barrier between your skin and the sun.
- Cover as much skin as possible.
- The tighter the fabric weave, the better the sun protection.

SLOP on sunscreen
- SPF 30 (or higher) broad-spectrum and water-resistant.
- Takes 20 minutes to activate on the skin.
- Use more than you think!
- Reapply every 2 hours.
- Use in conjunction with other sun protection measures.

SLAP on a hat
- Broad-brim to protect the face, head, neck and ears.

SEEK shade
- Natural, built or portable, such as marquees and tents.

SLIDE on wrap-around sunglasses
- Protect your eyes year-round if you can.

The fairer your skin, the higher the risk