



SUN SENSITIVITY TEST

Your risk for developing skin cancer depends on:

- How much sun you get at work and during recreation
- How your skin reacts to the sun.

Try the **Sun Sensitivity Test** to determine your risk of developing skin cancer.

	Yes	No
<i>I have red or blonde hair</i>	<input type="checkbox"/>	<input type="checkbox"/>
<i>I have light-coloured eyes – blue, green or grey</i>	<input type="checkbox"/>	<input type="checkbox"/>
<i>I freckle easily</i>	<input type="checkbox"/>	<input type="checkbox"/>
<i>I always burn before I tan</i>	<input type="checkbox"/>	<input type="checkbox"/>
<i>I have many moles</i>	<input type="checkbox"/>	<input type="checkbox"/>
<i>I had two or more blistering sunburns before the age of 18</i>	<input type="checkbox"/>	<input type="checkbox"/>
<i>I lived or had long vacations in a tropical climate as a child</i>	<input type="checkbox"/>	<input type="checkbox"/>
<i>There is a family history of skin cancer</i>	<input type="checkbox"/>	<input type="checkbox"/>
<i>I work outdoors in spring and summer</i>	<input type="checkbox"/>	<input type="checkbox"/>
<i>I spend a lot of time in outdoor recreation</i>	<input type="checkbox"/>	<input type="checkbox"/>

Score 10 points for each Yes.

Scores:

- 70 to 100 You are in the high risk zone for skin cancer and other skin damage. Be careful and protect your skin from the sun.
- 40 to 60 You are at increased risk for skin cancer. Pick up tips on sun protection.
- 10 to 30 You are still at risk. Carry on being careful.