



SKIN CANCER (OTHER THAN MELANOMA)

OCCUPATIONAL SKIN CANCER: SELF-EVALUATION OF ROMANIAN OUTDOOR WORKERS

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Introduction: Non-melanoma skin cancer represents the most frequent form of cancer and is caused by excessive unprotected exposure to ultraviolet radiation (UV). Through cumulative, professional UV exposure, outdoor workers are considered a high-risk category. In Romania, several observational studies identified alarming UV doses for outdoor workers, ranging from 13 to 19 SED during summer months, ascertaining an annual exposure of 517 SED, almost 4 times higher than the annual exposure of the German general population.

This study aimed to evaluate the educational levels of outdoor construction workers regarding risks of sun exposure and sun protective measures at the work place.

Material and methods: An observational, descriptive, transversal study was performed on 32 outdoor construction workers, applying a questionnaire ("Occupational exposure to UV radiation and risk of non-melanoma skin cancer") consisting of 20 questions regarding socio-demographic characteristics, period of time spent working outdoors, known risks and protective measures.

Results: 32 respondents completed our questionnaire. Results showed a medium educational level and a minimal knowledge of the consequences induced by excessive sun exposure and of the necessity of applying efficient and correct protective measures. Educational programs regarding risks and protection against UV exposure are inexistent at the work place. Sun protective measures are not applied. The respondents seek dermatological consult only when important skin changes had already appeared. The most alarming sign was considered to be pain.

Conclusions: Primary prevention, rapid diagnosis, treatment and frequent dermatological consults are essential strategies in fighting non-melanoma skin cancer for outdoor workers. Increasing awareness of outdoor workers regarding the necessity of applying correct sun protective measures represents the first and foremost important step in preventing this pathology. Also, ensuring efficient sun protective measures and proper educational





programs represent important additional steps which can be provided by employer in combating this public health issue.

