Skin cancer is common, prevention is simple.



Australia experiences high levels of ultraviolet radiation, which can damage skin even on cool or cloudy days.

Sun protection can greatly reduce your risk, and recognising skin changes early can help skin cancer be detected sooner.

Our research shows that people often incorrectly associate **cloudy days with lower risk of skin damage**, with most people likely to become complacent if the weather is overcast or cooler. These common misunderstandings about UV risks mean that many Australians are unknowingly exposing themselves to **harmful UV radiation**, which is directly related to skin damage.

At least
2 in 3
Australians will be diagnosed with skin cancer in their lifetime.[1]

The research

While 89% of Australians are aware of the damage UV rays can do:

43%
rarely or never check the UV index.

62%
don't know how to.[2]

Do you regularly self-check your skin for signs of skin cancer?

Routinely self-checking your skin for signs of skin cancer is an important tool in **early detection**. Get to know your skin and see your doctor promptly if you notice a new or changing spot. Ask your GP whether you need regular professional skin checks based on your individual risk. Our research shows that **nearly half (43%)** of respondents hadn't had a professional skin check in the past two years and **26% have never had one.**[2]

Where can I find out more about sun safety and skin checks?

You can visit the **TAL SpotChecker website** to learn how to perform a self-check and the **SCAN** method. You'll also find information on sun safety to share with your friends and family this summer.

Use your weather app to **check the UV** index no matter what the weather looks like – and use **more than one type of skin protection** when the **UV index is 3 or above**.

[1] Cancer Council Australia. Skin cancer incidence and mortality.
Available at: https://www.cancer.org.au/about-us/policy-and-advocacy/prevention/uv-radiation/related-resources/skin-cancer-incidence-and-mortality

[2] Research conducted on behalf of TAL, October 2024 with a sample of 1,000 respondents in Australia aged 18-65+ years old.

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