

Skin cancer is common, prevention is simple.

Australia is renowned for a sunny climate, making the risk of skin cancer especially high.

With 2 in 3 Australians diagnosed with some form of skin cancer by the age of 70, it's one of Australia's most common cancers.¹ But the good news is that it's also one of the most easily detectable and preventable.

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.

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.¹

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. While self-checks play a key role, regular professional skin examinations are just as important. 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.¹

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

- You can visit the [TAL Spot Checker 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 Research conducted on behalf of TAL, October 2024 with a sample of 1,000 respondents in Australia aged 18–65+ years old.

