**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.

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

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.