



Safety Tips

A five minute training Series for PCOs.

Avoiding Sun Exposures Quiz

Name _____

Date _____

- | | True | False |
|---|--------------------------|--------------------------|
| 1) Approximately 51,400 people will develop a case of melanoma in the United States this year. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2) Adequate eye protection from the sun should block out 99 to 100 percent of both UV-A and UV-B radiation. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3) Sun Screen Protection (SPF) of 15 or less should be used. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4) According to the American Cancer Society, approximately 7,800 people will die of melanoma (skin cancer) this year. | <input type="checkbox"/> | <input type="checkbox"/> |
| 5) Adequate sun protection should include clothing, a hat and sunglasses. | <input type="checkbox"/> | <input type="checkbox"/> |