



Skin Cancer

Risk awareness & self-checking



TUI employees can access unlimited AI skin checks for free. Use the app to scan any moles, marks or spots you are unsure about and receive guidance on what to do next. Scan the QR code to access the free skin check app.

The ABCDE rule helps you check for moles that

A

Are **A**symmetric
(the two halves don't
look the same)

B

Have **B**orders that
are irregular (jagged
or poorly defined)

C

Have a variety of
Colours within one
individual mole

D

Are more than 6mm
in **D**iameter (the size
of a pencil rubber)

E

Are **E**volving in size,
shape, colour, (or are
bleeding or itching)

If you notice any of these skin changes, it's important to get them checked by a GP.

Skin cancer basics and next steps

Who is at higher risk for skin cancer?

Anyone can get skin cancer, however the risk is higher if you have fair skin that burns easily in the sun, red or blonde hair, blue or green eyes and a large number of freckles or moles. If you have had a lot of sun exposure and sunburn in the past, used sunbeds a lot, have a history of skin cancer in your family or you've had skin cancer before, your risk is also higher.

How is skin cancer diagnosed?

Your GP will likely do a physical examination of your skin and look at concerning moles using a special instrument called a dermatoscope. They might also take photos and samples of skin (a biopsy) to be sent for testing.

What if someone has a family history of skin cancer?

It's important for people who have a family history of skin cancer to check with their GP about whether genetic counselling might be needed. Check your skin regularly and contact your GP if there are any changes.

How can skin cancer be prevented?

Staying safe in the sun is the best way to lower your chance of getting skin cancer (both melanoma and non-melanoma). Do not use sun beds. Checking your skin on a monthly basis, using the ABCDE rule above, will help you to notice if there are any changes to existing moles, freckles or to a previously normal patch of skin.

What to do if you're worried



It's always better to check if:

- You notice any of the changes outlined on the previous page
- You have had a lot of sun or sunbed exposure
- You have a family history of skin cancer
- You feel worried or unsure

TUI employees can access a free skin check app and get a risk indicator for concerning moles, marks or skin spots.

If your screening result is abnormal, you can book an appointment with a nurse who can provide guidance and support on next steps. For colleagues in the Channel Islands, you can discuss your results with the SPARK Virtual GP service.

30 – 37%

Of women aged 25–55+ worry about getting skin cancer in the future

154%

The increase in skin cancer incidence rates since the early 1990s

86%

Of skin cancer cases are avoidable (prevention outlines on previous page).

Common myths sun/sunbed exposure and skin cancer

Myth *“You are only at risk of getting skin cancer if you have fair skin”*

Fact While those with fair skin are more at risk of skin damage, anyone, regardless of skin tone, can get skin cancer.

Myth *“You need sun exposure to make Vitamin D”*

Fact While it's important to get sunlight to help our bodies make Vitamin D, it's essential to stay safe in the sun. You can also get Vitamin D from foods and supplements.

Myth *“If it hasn't changed, it's not cancer”*

Fact Skin spots, whether pre-existing or new, can develop into skin cancer. It is not always a changing mole.

Myth *“Sunbeds are a safe alternative to sun exposure”*

Fact Sunbeds can emit UV radiation up to 15 times stronger than the midday sun and are classified as a Group 1 carcinogen. Using a sunbed even once significantly increases the risk of melanoma.

Myth *“Only people with a family history need to worry about skin cancer”*

Fact Anyone can get skin cancer, regardless of whether a family member has been diagnosed.