



THE WELLNESS WATCH



Quick Insights: Wellness News in a Glimpse

The Wellness Watch is a monthly feature dedicated to raising awareness about chronic diseases and the impact they have on individuals, families, and communities. Each edition highlights a different condition, offering insight, support, and practical knowledge to encourage healthier lifestyles and stronger awareness.

While Hard Hat Headlines is rooted in the mining community, The Wellness Watch extends beyond the industry to remind us all that health is our most valuable resource.



In Focus: Dermatology, Skin Health, and Skin Cancer Awareness

Mining work places the body in constant contact with the environment. Sun exposure, dust, chemicals, diesel exhaust, and abrasive materials are part of daily operations—especially at surface mines. While cuts, strains, and fatigue are often discussed, skin health is frequently overlooked until a problem becomes serious.

The skin is the body's first line of defense. When it is repeatedly exposed to ultraviolet (UV) radiation, harsh weather, or chemical agents, damage can accumulate over time. Unlike many injuries, skin damage often develops quietly and may not cause pain or discomfort in its early stages.

Skin cancer is one of the most common—and most treatable—forms of cancer when identified early. For miners who work outdoors, UV exposure can be significantly higher than average, particularly during long shifts, reflective conditions, or high-elevation sites. Even cloudy days and cooler temperatures do not eliminate UV risk.

Taking care of your skin does not require major changes:

- Wearing long sleeves, wide-brim or hard-hat-compatible sun protection
- Using sunscreen on exposed skin, even on overcast days
- Washing off dust, oils, and chemicals at the end of the shift
- Paying attention to new or changing spots, moles, or areas that do not heal

Dermatology is not only about appearance—it is about prevention, early detection, and long-term health. Noticing changes early and speaking with a healthcare provider can make a significant difference.

Wellness in mining means thinking beyond today's shift. Protecting your skin now helps ensure that years down the road, your health is still intact. Taking a few moments to care for yourself today is an investment in your future—on and off the job.

If something doesn't look right or doesn't heal, don't ignore it. Getting checked is not an overreaction; it's a smart decision.

