Personal Risk Assessment

Remember! No matter what your score, because we live in an area with abundant sunshine and a high altitude, we all have to be careful in the sun!

Your risk of getting harmed from sun exposure is the sum of three important components:

WHERE YOU LIVE
+ WHO YOU ARE
+ WHAT YOU DO

PERSONAL RISK FACTOR FOR SUN DAMAGE

WHAT'S YOUR RISK OF SKIN DAMAGE?

Directions: For each question there will be a number score next to the answer you choose. Please write the number in the "score" column on the right hand side of the paper. At the end of the questionnaire, add up your score for each question. The total score will tell you your personal risk for skin damage.

BEHAVIORAL QUESTIONS

SCORE:

1. When I go outside and it is sunny:
   - a.) I wear sunscreen:
     - Always 1
     - Sometimes 2
     - Never 3
   - b.) I wear a hat with a brim to protect myself from the sun:
     - Always 1
     - Sometimes 2
     - Never 3
   - c.) I wear sunglasses to protect my eyes from the sun:
     - Always 1
     - Sometimes 2
     - Never 3
   - d.) I stay in the shade to protect myself from the sun:
     - Always 1
     - Sometimes 2
     - Never 3
   - e.) I wear clothes covering most of my body (such as long pants, long sleeve shirts) to protect myself from the sun:
     - Always 1
     - Sometimes 2
     - Never 3
   - f.) I intentionally go out in the sun to get a tan:
     - Always 3
     - Sometimes 2
     - Never 1

2. Does anyone in your immediate family (parents grandparents, brothers, or sisters) have or ever had skin cancer?
   - NO 1
   - YES 3

3. What is the natural color of your hair?
   - Dark Brown-Black 1
   - Light-Medium Brown 2
   - Red or Blond 3

GENETIC QUESTIONS

SCORE:

4. What is the color of your untanned skin?
   - Dark Brown 1
   - Light Brown 2
   - Medium White 3
   - Fair White 4

5. How many times in your life have you had a severe sunburn that blistered?
   - 0-2 1
   - 3-5 2
   - 6-10 3
   - More than 10 4

6. How many moles do you have that are bigger around than a pencil eraser?
   - None 1
   - Some 2
   - A lot 3

7. How many freckles do you have?
   - None 1
   - Few 3
   - Many 5

8. When I go out into the summer sun for the first time:
   - I never burn 1
   - I sometimes burn 2
   - I always burn 3

9. My skin:
   - Tans easily 1
   - Will tan if I work at it 3
   - Does not tan 5

ENVIRONMENTAL QUESTIONS

10. I live at this elevation:
    - 0-4999 ft. (1500 meters) 1
    - 5000 ft. (1500 meters) or higher 2

11. Using the World Map below, find the area you have lived for most of your life:
    - Area 1 1
    - Area 2 2
    - Area 3 3

TOTAL:

17-29: I AM AT LOW RISK but I still need to watch myself to prevent sunburns.

30-41 I AM AT MEDIUM RISK so I need to protect myself with sunscreen & protective clothing.

42-53 I AM AT HIGH RISK and I really need to be extra careful in the sun & protect my skin.