

Sun Safety

Prepare: Quiet location? No distractions? Talk aids ready?

Reason: Outdoor workers can experience excessive exposure to the sun's UV radiation and, therefore, are at more risk from skin cancer.

Why: There are simple steps that you can take to protect yourself, of which you must be aware.

Outline: This talk will cover the facts and statistics about skin cancer, who is at risk and how to protect yourself.



Facts And Figures

- UV (ultraviolet) radiation from the sun is a major cause of skin cancer. Cases in men have tripled in the last 20 years.
- 16,700 people are diagnosed with skin cancer each year and 2,300 people die from it. 86% of cases are preventable.
- Sunlight causes the skin to produce a dark pigment called melanin; this is a sign that the skin has been damaged.
- Long term sun exposure speeds up the skin's ageing process, making it become more dry and wrinkled.
- People working outside should consider exposure to UV radiation as an occupational health hazard.
- A sun tan is perceived as 'healthy' but it may not be so.

Who Has Increased Risks of Skin Damage?

- People with pale skin, fair hair, freckles or a large number of moles.
- People with a family history of skin cancer and those with excessive exposure to sunlight, such as outdoor workers.
- The risk is less for people with dark hair and dark or very dark skin, however, prolonged sun exposure can be bad for all skin types. Do not become complacent.

NOTES

FOR MORE INFORMATION

Call: 01206 396 446

Email: sales@steponsafety.co.uk

Visit: www.steponsafety.co.uk



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Skin Types

Type 1: Very fair. Never tans, always burns. Often people with red or blonde hair, blue eyes, pale skin and freckles

Type 2: Fair. Burns easily, but may tan eventually. May have fair hair, blue eyes and freckles.

Type 1 and 2 must take extra care to avoid strong sunshine or cover up with tightly woven clothing and wear a hat.

Type 3: Tans easily and burns rarely. Often with dark hair and eyes and slightly darker skin.

Type 4: Never burns, always tans, darker hair, eyes and skin.

Types 3 and 4 should still take care in strong sunshine.

Type 5: Dark (brown) skin

Type 6: Very dark (black) skin

Types 5 and 6 are at little risk of skin cancer but it can occur. These skin types can still darken and even burn in stronger sunlight.

Sun Safety Code

- Take care not to burn, this can take as little as 10 minutes.
- Cover up with loose clothing. Keep your clothing on so that you do not expose unprotected areas.
- Seek shade during the hottest part of the day and take your breaks in the shade.
- Apply high factor sunscreen generously and frequently to any parts of the body exposed to the sun; SPF15 or above.
- If you are concerned about moles changing shape or colour and itching, weeping or bleeding, see your GP immediately

Do you have any questions for me?

Questions for you

Q: Why do so many people die of skin cancer each year?

Q: What is your skin type, and how should you protect it?

<https://www.cancerresearchuk.org/about-cancer/skin-cancer>

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