

Why

Are we doing this talk?

We are doing this talk to give you a greater understanding of the risks involved in working outdoors and how you can carry out simple steps to protect yourselves against potentially harmful Ultraviolet (UV) radiation.

Part of the problem in the UK is that sun safety isn't always taken seriously – people assume the climate isn't sunny enough or hot enough. Some UK studies suggest that solar radiation levels are getting steadily higher year on year. Any sunburn or a tan is a sign of skin getting damaged, and the temperature isn't connected to the intensity of the sun's rays.

How

Can it affect us?

- ✓ An average 60 workers die every year in the UK from malignant melanoma, a severe form of skin cancer,
- ✓ Annually in the UK there are 1,500 cases of non-malignant skin cancer, which is more easily treatable, and 240 cases of malignant melanoma, which is much more likely to be fatal. All these cases can be linked to occupational exposures,
- ✓ Unlike many diseases, skin cancer is avoidable.

What

Do we need to do?

There are 5 simple steps that we can take to help reduce the risk;

1 COVER UP
Wear long, loose clothing to keep the sun off your skin.

2 PROTECT YOUR HEAD
Don't forget your head, face, ears and neck – wear a hat, preferably with a wide brim, and sunglasses with UV protection. If you wear a hard hat, use one fitted with a Legionnaire-style flap. If you wear safety goggles, make sure they have a UV filter.

3 SEEK SHADE
Come out of the sun whenever possible during the most powerful ultraviolet periods (10am–3pm), and remember to stay in the shade during breaks.

4 USE SUNSCREEN
Use SPF 30 or higher on any exposed skin – apply it half an hour before going outside, put plenty on and reapply it frequently.

5 BE SKIN SAFE
Report mole changes (size, shape, colour, itching or bleeding) or any other concerns about your skin to your doctor as soon as possible – don't put it off, early treatment is important. Have a look at our simple skin check guide below.

REMEMBER
to drink plenty of water on warmer days to avoid dehydration.

THE UV INDEX

The strength of the sun's rays isn't connected to the temperature – check the UV index. You'll find the index on many weather forecast apps and websites.

UV INDEX	01	02	03	04	05	06	07	08	09	10	11+
LOW	(1,2)		MODERATE			HIGH		VERY HIGH		EXTREME	
	You can safely stay outside		Take care during midday hours and don't spend too much time in the sun unprotected			Seek shade during midday hours, cover up and wear sunscreen		Spend time in the shade between 10am and 3pm. Covering up and sunscreen essential		Avoid being outside in midday hours. Covering up and sunscreen essential	

FIVE WORKERS A DAY GET SKIN CANCER

GET TO KNOW YOUR SKIN

Checking for signs of skin cancer is as easy as A, B, C (and D). Be aware of how your skin normally looks – that way, you'll notice changes that could be signs of skin cancer.

- Found a new mole?
- Spotted any changes to the size, shape or colour of an existing mole or patch of skin?
- Noticed a new growth or sore that doesn't heal?
- Found a spot, mole or sore that hurts or is itchy?
- Seen a mole or growth that bleeds, crusts or scabs?

Remember to check your neck and back too if they've been exposed – in men, this is where

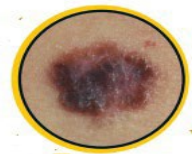
melanoma is most likely to occur. Use a mirror or get someone else to help you check.

Get any skin problem checked by your GP. There may be nothing to worry about, but if something is wrong, treating it early could stop it getting worse – and even save your life.

Look at Cancer Research UK's guide to spotting the signs of skin cancer at [sunsmart.org.uk/UV-the-sun-and-skin-cancer/spotting-skin-cancer-early](https://www.cancerresearchuk.org/skin-smart)



A SYMMETRY
two halves of a mole look different



B BORDER
the edges of the mole are blurred, jagged or not regular



C COLOUR
the colour of the mole isn't even, with more than one shade of colour



D DIAMETER
the mole is wider than 6mm (the size of a rubber on top of a pencil)

If you notice any of the symptoms above or have any concerns please don't delay, make use of the first-class services onsite and book a confidential appointment with Hinkley Health.

Q&A

What did we understand?

1. Why is it important to protect myself against the sun?
2. What can I do to protect myself from the impact of the sun?
3. What will you do differently going forward following this discussion?