

Sun Safety

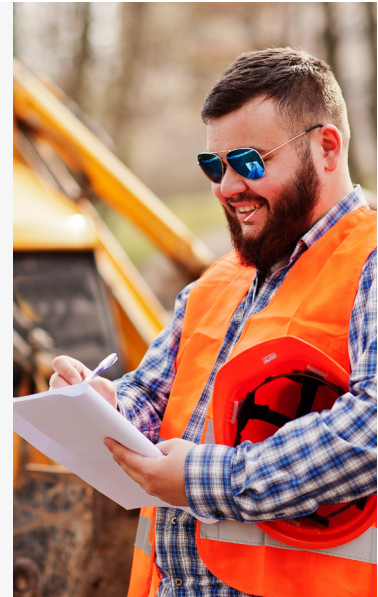
Toolbox Talk H16



Outdoor workers can experience excessive exposure to the sun's UV radiation and, therefore, are at more risk from skin cancer. There are simple steps that you can take to protect yourself, of which you must be aware.

Facts and figures

1. UV (ultraviolet) radiation from the sun is a major cause of skin cancer. Cases have doubled in the last 20 years.
2. 40,000 people are diagnosed with skin cancer and 2,000 people die from it each year.
3. Sunlight causes the skin to produce a dark pigment called melanin; this is a sign that the skin has been damaged.
4. Long-term sun exposure speeds up the skin's ageing process, making it become more dry and wrinkled.
5. People working outside should consider exposure to UV radiation as an occupational health hazard.
6. A suntan is perceived as 'healthy' but it may not be so.



Who has increased risks of skin damage?

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

Sun safety code

1. Take care not to burn, this can take as little as 10 minutes.
2. Cover up with loose clothing. Keep your clothing on so that you do not expose unprotected areas.
3. Seek shade during the hottest part of the day and take your breaks in the shade.
4. Apply high factor sunscreen generously and frequently to any parts of the body exposed to the sun; SPF 15 or above.
5. If you are concerned about moles changing shape or colour and itching, weeping or bleeding, see your GP immediately.

Finally, Sustaining five or more sunburns in youth increases lifetime melanoma risk by 80 percent. Don't get burned!



Sign Off Form

If you have any questions or concerns then please speak to your supervisor.

Tool Box Talk Title	
Date	
Given By	
Project Name	

Names of those who attended this toolbox talk	
Name	Signature