

TOOLBOX TALK FOR OUTDOOR WORKERS



Make Hands Matter in the Workplace

UV & Our Skin



Ultraviolet (UV) light is invisible light that radiates from the sun and can also be created by some artificial sources



Moderate exposure to **UV is essential** for a healthy life

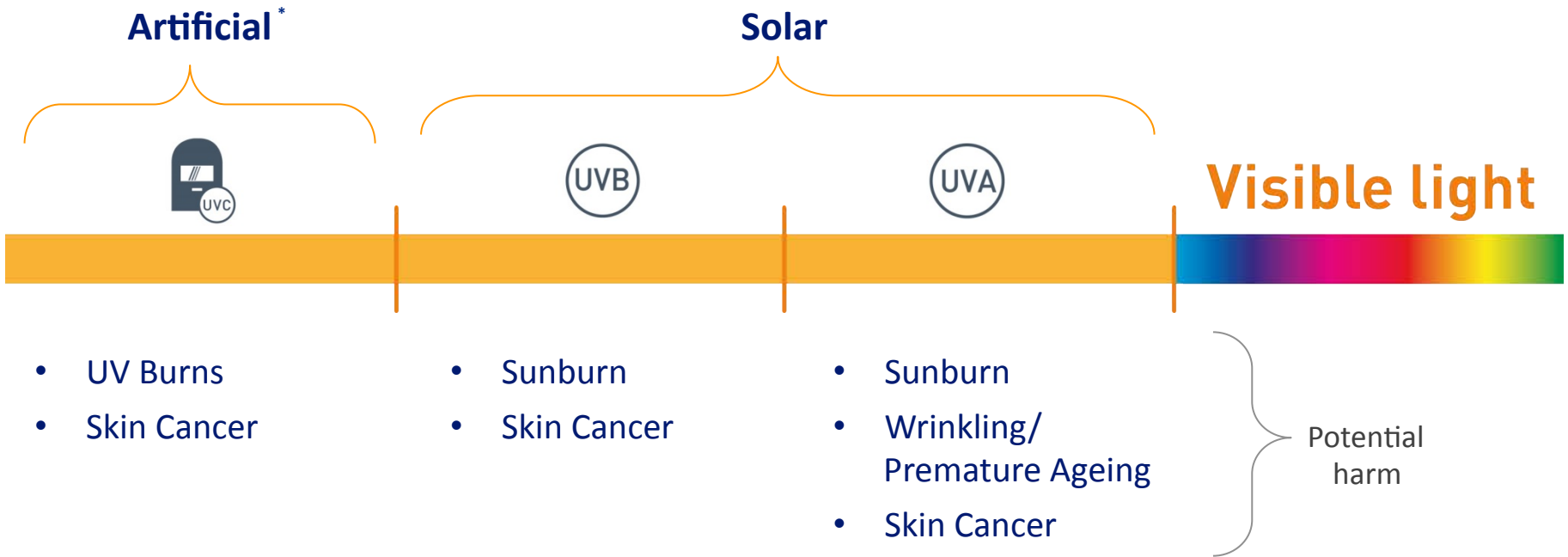


Human skin contains a pigment called **melanin** which helps block the **damaging UV** that penetrates our skin

However...in larger doses UV light can damage our skin, producing burns, premature skin ageing, wrinkling, cell mutations and even skin cancer



Types of UV



* Natural UVC light is blocked by the ozone layer



UV is important to us...

- Stimulates our metabolism
- Increases oxygen levels in the cells
- Boosts the immune system
- Important in producing Vitamin D, essential for building strong bones & teeth

“15-20 minutes of unprotected sun exposure, without skin reddening or burning, per day should be sufficient for most people to produce the required vitamin D levels.”

Source: Professor Andrew Wright, Consultant Dermatologist, Bradford Teaching Hospitals NHS Foundation Trust
as appeared in *SKCIN: Skin Cancer and Outdoor Workers; A guide for employers*

UV is also dangerous to us...

Short term damage:



Blisters



Burns



Peeling skin

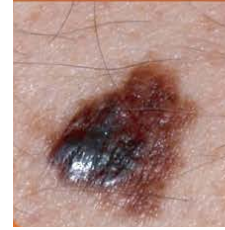
Long term damage:



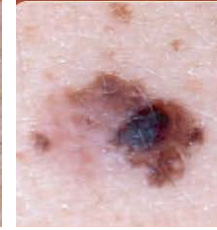
Basal Cell
Carcinoma



Squamous Cell
Carcinoma



Malignant
Melanoma



Skin Cancer: The Facts

SKIN CANCER
IS THE MOST
COMMON CANCER IN
THE WORLD

Source: Skcin

100%
of UVA rays pass
through clouds.
Sun protection is
essential, even on
very cloudy days.

Source: Skcin

90% OF SKIN CANCER
DEATHS **COULD BE PREVENTED***

*Source: IOSH No Time to Lose Solar Radiation Campaign



Make Hands Matter in the Workplace

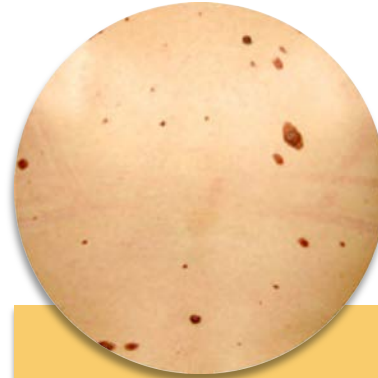
Who is most at risk?



- People with very fair skin that burns easily



- People with a personal or family history of skin cancer









- People with lots of moles (more than 50)









- Those in contact with carcinogens (metal workers/mechanics)



Who is most at risk?

Skin Type	Visual	Description
Type I		Often burns, rarely tans. Tends to have freckles, red or fair hair, blue or green eyes.
Type II		Usually burns, sometimes tans. Tends to have light hair, blue or brown eyes.
Type III		Sometimes burns, usually tans. Tends to have brown hair and eyes.
Type IV		Rarely burns, often tans. Tends to have dark brown eyes and hair.
Type V		Naturally brown skin. Often has dark brown eyes and hair.
Type VI		Naturally black-brown skin. Usually has black-brown eyes and hair.

		Skin Type			
		I and II	III and IV	V	VI
UV Index		low	low	low	low
		medium	low	low	low
		high	medium	low	low
		high	medium	medium	low
		very high	high	medium	medium
		very high	high	high	medium

Source: <http://www.cancerresearchuk.org>

Best Practice: Sunscreen

The average sized adult should apply at least:

- 1 teaspoon / ca. 6ml of sunscreen to each arm, leg front of body and back of body
- Half a teaspoon / ca. 3ml of sunscreen to the face (including ears and neck)

For professional users, who may be exposed to UV for extended periods, the recommendation is:

- Use a high SPF sunscreen, with a minimum SPF30

Apply liberally to clean, dry skin

- 15 minutes before UV exposure

- **Re-apply every 2-3 hours**

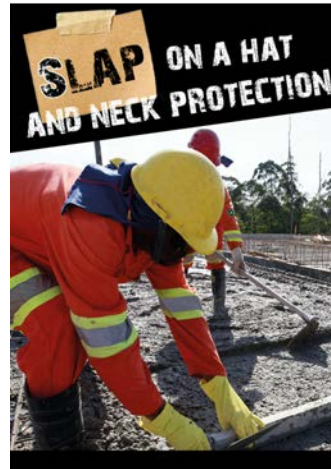
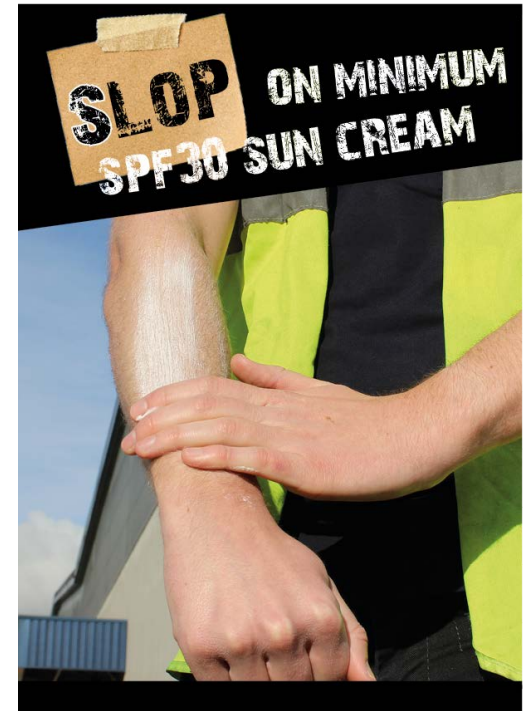
Sunscreen does not replace personal protective equipment and vice versa

Source: SKCIN: Skin Cancer and Outdoor Workers; A Guide for Employers



Best Practice: UV Protection

Follow the
'5-S'
approach:

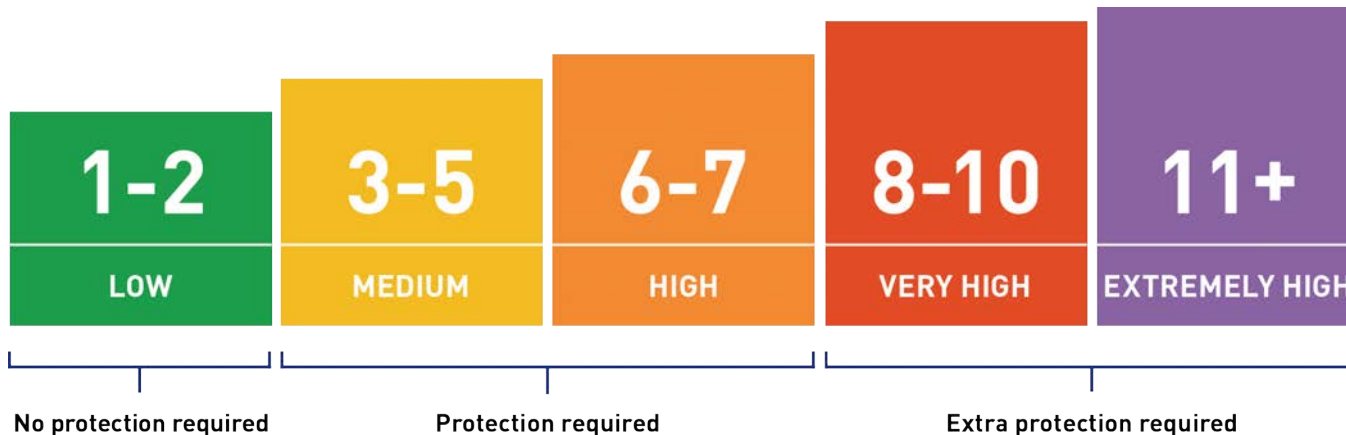


Make Hands Matter in the Workplace

When is protection required?

The UV Index is...

- A universal UV index adopted by the World Health Organisation
- Shows on a daily basis the UV Index level
- **When the UV Index level reaches 3, protection is required**
- To find out the daily UV level visit www.metoffice.gov.uk / www.baua.de

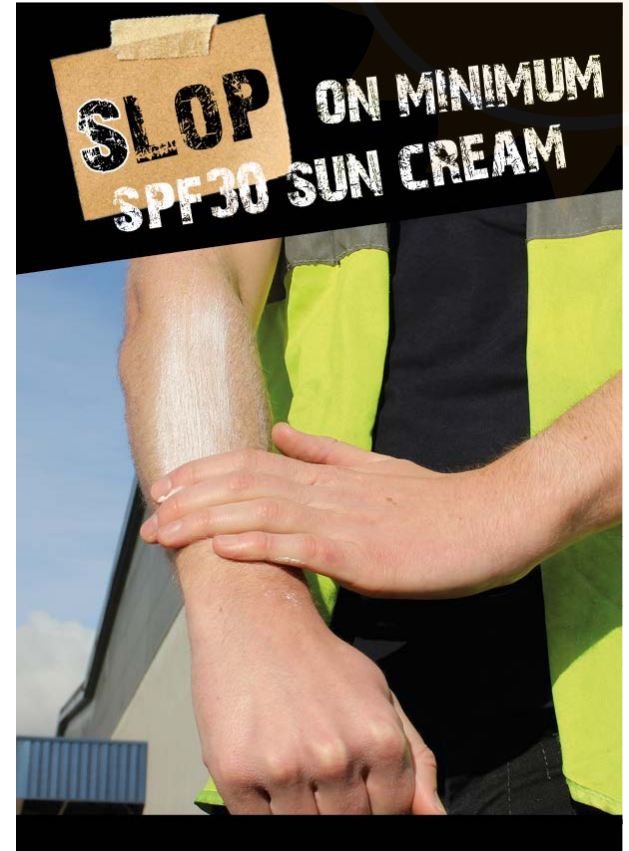


UV & Sunscreens

- To help protect the skin from excessive UV light exposure, it is recommended that people apply sunscreen
- Sunscreens...
 - ...are categorised according to their Sun Protection Factor (SPF) which refers to how well the product protects against one type of UV radiation – UVB
 - ...lotions labelled “broad-spectrum” provide protection against both UVA and UVB, plus UVC where specifically formulated

REMEMBER:

UVB rays can quickly cause skin damage and are the main cause of sunburn and several types of skin cancer



Sun Protection Factor (SPF)

The SPF number indicates the increased protection from UVB rays vs. the skin's normal level

SPF
15



X15

SPF
30



X30

SPF
50



X50

- In general, people apply much less than they need to, to get the full protection
- Applying half the required amount can actually reduce the protection by as much as two-thirds ⁽¹⁾
- The overall message in terms of sunscreen use is: **more is better**

¹<http://www.bad.org.uk/for-the-public/skin-cancer/sunscreen-fact-sheet>

Available on site



- Offering SPF50 and SPF30 protection options
- Broad spectrum – UVA, UVB and UVC tested
- SPF50 – sweat and water-resistant
- SPF30 – perfume-free and water-resistant



Stokoderm Sun Protect 50 PURE



Stokoderm Sun Protect 30 PURE



Skin Safety Board with 1L Sun Protect Dispenser

For more information

contact your line manager
