

KEEPING SAFE IN THE SUN

Reason For Alert:

- UV (ultraviolet) radiation from the sun is a major cause of skin cancer. Cases have doubled in the last 20 years. Too much sunlight is harmful to your skin. A tan is a sign that the skin has been damaged. This kind of damage can in turn increase your risk of developing skin cancer.
- 40,000 people are diagnosed with skin cancer and 2,000 people die from it each year.
- Long-term sun exposure speeds up the skin's ageing process, making it become more dry and wrinkled.
- The problem in the short term is sunburn and heat exhaustion. Long term, the problem is an increased chance of skin cancer later in life.
- People with pale skin are most at risk of skin damage, especially those with fair or red hair, with a lot of freckles or with a family history of skin cancer. The risk is less for people with dark hair and brown or black skin. However, prolonged sun exposure can be bad for all skin types.

DO NOT BE COMPLACENT.



Actions:

If you're working outside on any MMA sites:

- Apply high factor sunscreen before you start work then reapply frequently to any parts of the body exposed to the sun; SPF15 or above with a high UVA star rating (5* is highest). SPF 30 Sunscreen is available on free issue in all RSS welfare facilities.
- Take care not to burn, this can take as little as 10 minutes.
- Seek shade during the hottest part of the day and take your breaks in the shade.
- Static staff, such as Security Officers must be given suitable shelter.
- If you are concerned about moles changing shape or colour and itching, weeping or bleeding, see your GP immediately.

Drink plenty of water to avoid dehydration and keep supplies with you and our PPE Policy ensures that arms and legs are covered whilst working.