# **TOOLBOX TALK #9**

### Vital GRP

## **Sun Safety**

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

**Reason:** Outdoor workers can experience excessive exposure to the suns 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 product a dark pigment called melanin; this is a sign that the skin has been damaged.
- Long term sun exposure speeds up the skins ageing process, making it become drier and more wrinkled.
- People working outside should consider exposure to UV radiation as an occupational health hazard.
- A suntan 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 be complacent.

NOTES			

For more information
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	NOTES
<b>Skin Types Type 1:</b> Very fair: never tans, always burns. Often	
people with red or blonde hair, blue eyes, pale skin and freckles.	
<b>Type 2:</b> 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 coting 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.	
Type 3 and 4 should still take care in strong sunshine.	
Type 5: Dark (brown) skin Type 6: Very dark (black) skin	
Type 5 and 6 are at little risk of skin caner but it can	
occur. These skin types can till darken and even burn in stronger sunlight.	
Sun Safey Code	
<ul> <li>Take care not to burn this can take as like as 10 minutes.</li> </ul>	
<ul> <li>Cover up with loose clothing. Keep your clothing on so that you do not expose unprotected areas.</li> </ul>	
<ul> <li>Seek shade during the hottest part of the day and take your breaks in the shade.</li> </ul>	
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 color and itshing, weeping or blooding.	
shape or color 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	

Sources <a href="https://www.cancerresearchuk.org/about-cancer/skin-cancer">https://www.cancerresearchuk.org/about-cancer/skin-cancer</a>

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