

TOOLBOX TALK #9

Sun Safety

Skin Types

Type 1: Very fair: never tans, always burns. Often people with red or blonde hair, blue eyes, pale skin and freckles.

Type 2: 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 cancer but it can occur. These skin types can still darken and even burn in stronger sunlight.

Sun Safety Code

- Take care not to burn this can take as long as 10 minutes.
- Cover up with loose clothing. Keep your clothing on so that you do not expose unprotected areas.
- Seek shade during the hottest part of the day and take your breaks in the shade.
- 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 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 it?

NOTES

[illegible]

Sources <https://www.cancerresearchuk.org/about-cancer/skin-cancer>

For more information

Call: +44(0) 1206 396446

Email: sales@vitalgrp.co.uk
vitalgrp.co.uk