

Sun Safety

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

Outdoor workers can experience excessive exposure to the sun's 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 produce a dark pigment called melanin; this is a sign that the skin has been damaged.
- Long term sun exposure speeds up the skin's ageing process, making it become more dry and wrinkled.
- People working outside should consider exposure to UV radiation as an occupational health hazard.
- A sun tan 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 become complacent.

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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 clothing 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.

Types 3 and 4 should still take care in strong sunshine.

Type 5: Dark (brown) skin

Type 6: Very dark (black) skin

Types 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 little 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 colour 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?

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

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