



Sun Safety

Overview This talk will cover: the facts and statistics about skin cancer, who is at risk and how to protect yourself.

Facts and Figures

- 1 UV (ultraviolet) radiation from the sun is a major cause of skin cancer. Cases have doubled in the last 20 years.
- 2 40,000 people are diagnosed with skin cancer and 2,000 people die from it each year.
- 3 Sunlight causes the skin to produce a dark pigment called melanin; this is a sign that the skin has been damaged.
- 4 Long-term sun exposure speeds up the skins ageing process, making it become drier and wrinkled.
- 5 People working outside should consider exposure to UV radiation as an occupational health hazard.
- 6 A suntan is perceived as 'healthy' but it may not be so.

Who has increased risks of skin damage?

- 1 People with pale skin, fair hair, freckles or a large number of moles.
- 2 People with a family history of skin cancer and those with excessive exposure to sunlight, such as outdoor workers.
- 3 The risk is less for people with dark hair and brown or black skin. However, prolonged sun exposure can be bad for skin types. Do not be complacent.

Skin Types

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

Type 2: White skin, burns easily, but may tan eventually. May have fair hair, blue eyes and freckles.

Types 1 and 2 must take extra care to avoid strong sunshine or cover up with woven clothing and wear a hat.

Type 3: White skin, tans easily and burns rarely. Often with dark hair and eyes and slightly darker skin.

Type 4: White skin, never burns, always tans, darker hair, eyes and skin.

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

Type 5: Brown skin

Type 6: 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

- 1 **Take care not to burn, this can take as little as 10 minutes.**
- 2 **Cover up with loose clothing. Keep your clothing on so that you do not expose unprotected areas.**
- 3 **Seek shade during the hottest part of the day and take your breaks in the shade.**
- 4 **Apply high factor sunscreen generously and frequently to any parts of the body exposed to the sun; SPF 15 or above.**
- 5 **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?



SAFETY SOLUTIONS

Tool Box Talk No 62

SUN SAFETY

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NOTE: Failure to comply with safety instructions and RAMS may result in disciplinary actions

Serial	Name	Date of Toolbox Talk	Signature	Site

By signing this register, you are confirming that you attended the toolbox talk and understand the requirements for: the facts and statistics about skin cancer, who is at risk and how to protect yourself.