



# READY for the SUN?

Protect your skin at risk against UV radiation  
by using professional sun protection.

# Ready for the sun?



Ultraviolet (UV) rays come from the sun and offer us many benefits. 15 to 20 MINUTES of unprotected sun exposure per day, without skin reddening or burning, should be sufficient for most people to produce the required vitamin D levels<sup>1</sup>.

IN LARGER DOSES UV LIGHT CAN DAMAGE OUR SKIN producing burns, skin ageing, cell mutations and even skin cancer<sup>2</sup>.

Outdoor workers spend the majority of their working day in the light of a silent threat to the health of their skin. Without adequate UV protection, they are putting themselves at risk.

They have a higher than average risk of developing skin cancer<sup>3</sup>.

**EMPLOYERS HAVE A DUTY OF CARE TO PROTECT THEIR EMPLOYEES FROM HAZARDS IN THE WORKPLACE. ACCORDING TO HSE GUIDELINES, UV RADIATION SHOULD BE CONSIDERED AN OCCUPATIONAL HAZARD FOR THOSE WHO WORK OUTDOORS<sup>4</sup>.**

The Health and Safety at Work Act makes it clear that there is a legal duty on every employer to ensure, as far as reasonably practical, the health of their employees. It also states that employers must provide “information, instruction, training and supervision” to ensure their safety<sup>5</sup>. The Management of Health and Work Regulations also requires the employer to conduct a suitable assessment of the risks to the health of their workforce including those risks from UV radiation<sup>5</sup>.

<sup>1</sup> <https://www.skcin.org/skinCancerInformation/theVitaminDDebate.htm>

<sup>2</sup> <https://www.skincancer.org/risk-factors/uv-radiation/>

<sup>3</sup> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6130134/#:~:text=The%20main%20findings%20were%20that,significantly%20associated%20with%20G3%20cancers>

<sup>4</sup> <https://iosh.com/media/8290/mechanisms-of-cancer-and-iosh-nttl-07072020.pdf>

<sup>5</sup> <https://www.tuc.org.uk/sites/default/files/extras/skincancer.pdf>

# Types and risks of UV rays

Ultraviolet (UV) radiation is an invisible type of radiation produced by the sun. There are three distinct types: UVA, UVB and UVC rays<sup>1</sup>.

## UVA


UVA rays contribute to skin burning, skin cancer and wrinkling/premature aging. They have a longer wavelength which means they penetrate deeper into the dermis or the base layer of the skin.

## UVB

UVB rays are burning rays and the primary cause of sunburns and contribute to skin cancer. UVB rays have a short wavelength that reaches and burns the outer layer of your skin called the epidermis.

## UVC

UVC radiation is blocked by the ozone layer whilst UVA and UVB both reach the earth's surface and penetrate our skin. UVC rays are created artificially during certain industrial processes such as welding<sup>2</sup>.



**80% of UVA rays pass through clouds<sup>3</sup>. Sun protection is essential, even on very cloudy days.**

<sup>1</sup>[https://www.who.int/news-room/q-a-detail/radiation-ultraviolet-\(uv\)](https://www.who.int/news-room/q-a-detail/radiation-ultraviolet-(uv))

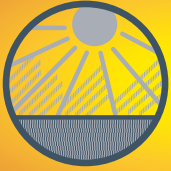
<sup>2</sup><https://www.cancer.org/cancer/cancer-causes/radiation-exposure/uv-radiation.html>

<sup>3</sup>[www.notimetolose.org.uk/wp-content/uploads/2018/03/POL2720-SOLAR-FACTSHEET-WEB.pdf](http://www.notimetolose.org.uk/wp-content/uploads/2018/03/POL2720-SOLAR-FACTSHEET-WEB.pdf)



# Did you know?

## Ultraviolet (UV) rays...



Bounce off reflective surfaces such as metal, concrete, water & snow<sup>1</sup>



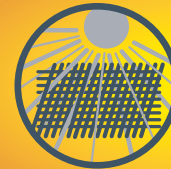
Are carcinogenic (cancerous) to humans



Are not related to temperature



Can pass through clouds



Can pass through loosely woven material



Cannot be seen or felt

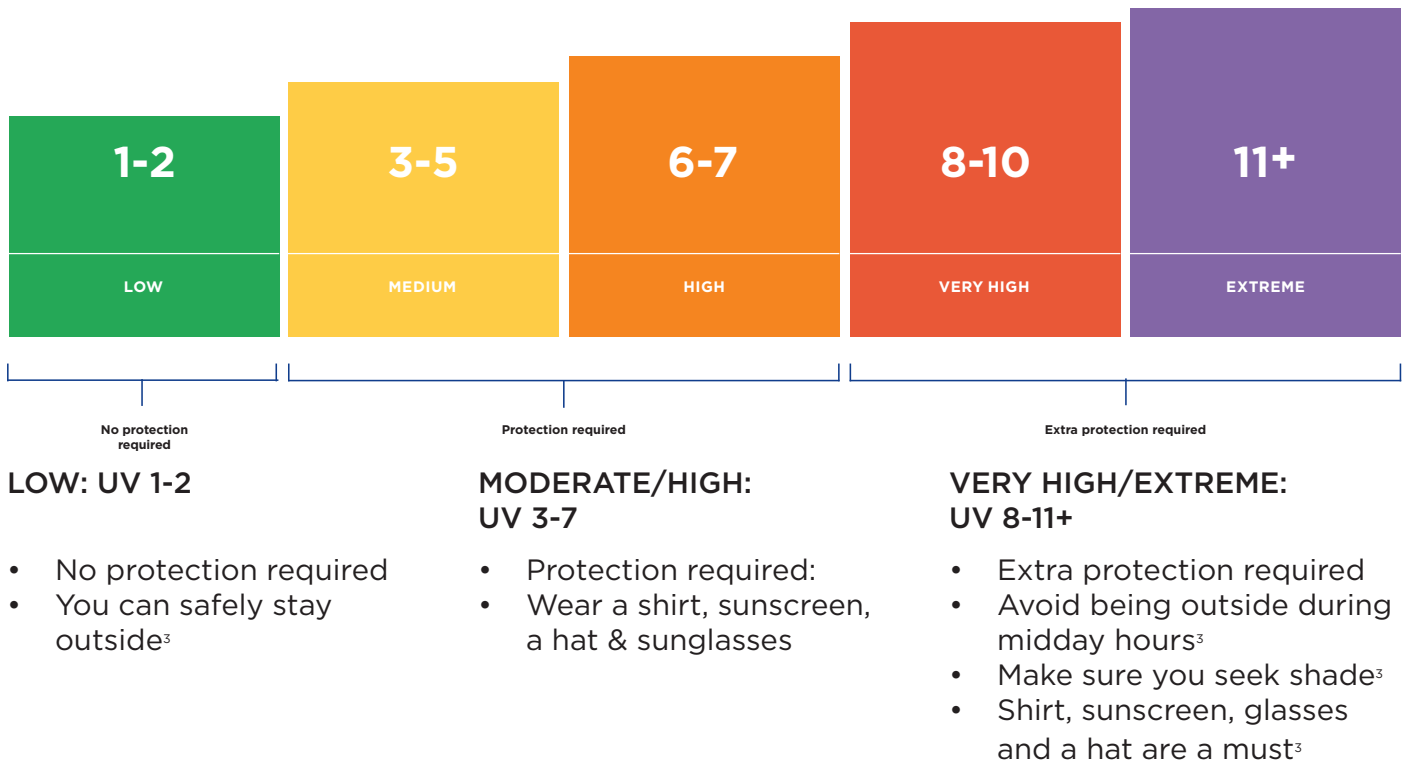


<sup>1</sup><https://www.skcin.org/skinCancerInformation/solarUVRadiation.htm>

# What is the UV Index?

Adopted by the World Health Organisation, the UV Index tells you on a daily basis what the UV levels are and when sun protection measures are required<sup>1</sup>.

**YOU NEED TO BE PROTECTED AS SOON AS THE UV INDEX REACHES 3, NOT JUST WHEN THE SUN IS SHINING<sup>2</sup>.**



**Check today's UV level in your area, visit the Met Office website.**

<sup>1</sup> [www.who.int/news-room/q-a-detail/radiation-the-ultraviolet-\(uv\)-index](http://www.who.int/news-room/q-a-detail/radiation-the-ultraviolet-(uv)-index)

<sup>2</sup> <https://www.skcin.org/downloads/SkinBooklet2020.pdf>

<sup>3</sup> <https://www.who.int/uv/publications/en/UVIGuide.pdf>

# Best Practice for Outdoor Workers

## The five S's of sun safety<sup>1</sup>



1. **SLIP** on sun protective clothing



2. **SLOP** on SPF30 or higher sunscreen



3. **SLAP** on a head



4. **SLIDE** on some sunglasses



5. Seek **SHADE**



## How to use sunscreens

- Apply a sunscreen product with at least SPF 30 to clean and dry skin about 15 - 20 minutes before exposure to the sun.
- Caution: Applying an insufficient amount of product reduces the protective performance. An average-sized adult should apply at least six full teaspoons to cover the body, which equates to more than half a teaspoon on each arm and the face/neck including ears.
- Sunscreens should be reapplied at least every 2 hours or more frequently if sweating or washing.

<sup>1</sup><https://www.skcin.org/downloads/SkcinBooklet2020.pdf>

# Products

- Water resistant
- Contains glycerin
- UVA, UVB high protection
- Robust dispenser
- Perfume free
- Incl. UVC protection
- Hygienic, sealed cartridges
- BioCote® protected dispenser button

## Stokoderm® Sun Protect 30 PURE

SPF 30 cream

## Stokoderm® Sun Protect 50 PURE

SPF 50 lotion



STOCK CODE	SIZE	CASE QUANTITY	DISPENSER
SPC100ML	100ml Tube	12	-
SPCIL	1 Litre Cartridge	6	SUN1LDSN
SUN100ML	100ml Tube	12	-
SUN1L	1 Litre Cartridge	6	SUN1LDSN

BioCote® antimicrobial protection technology is incorporated at the time of manufacture into the plastic buttons of all manually operated, wall-mounted skin care dispensers. The button is the primary contact point for people using these dispensers and BioCote® technology provides life-long antimicrobial protection to inhibit the growth of a broad spectrum of bacteria and moulds that could potentially cause illness.



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