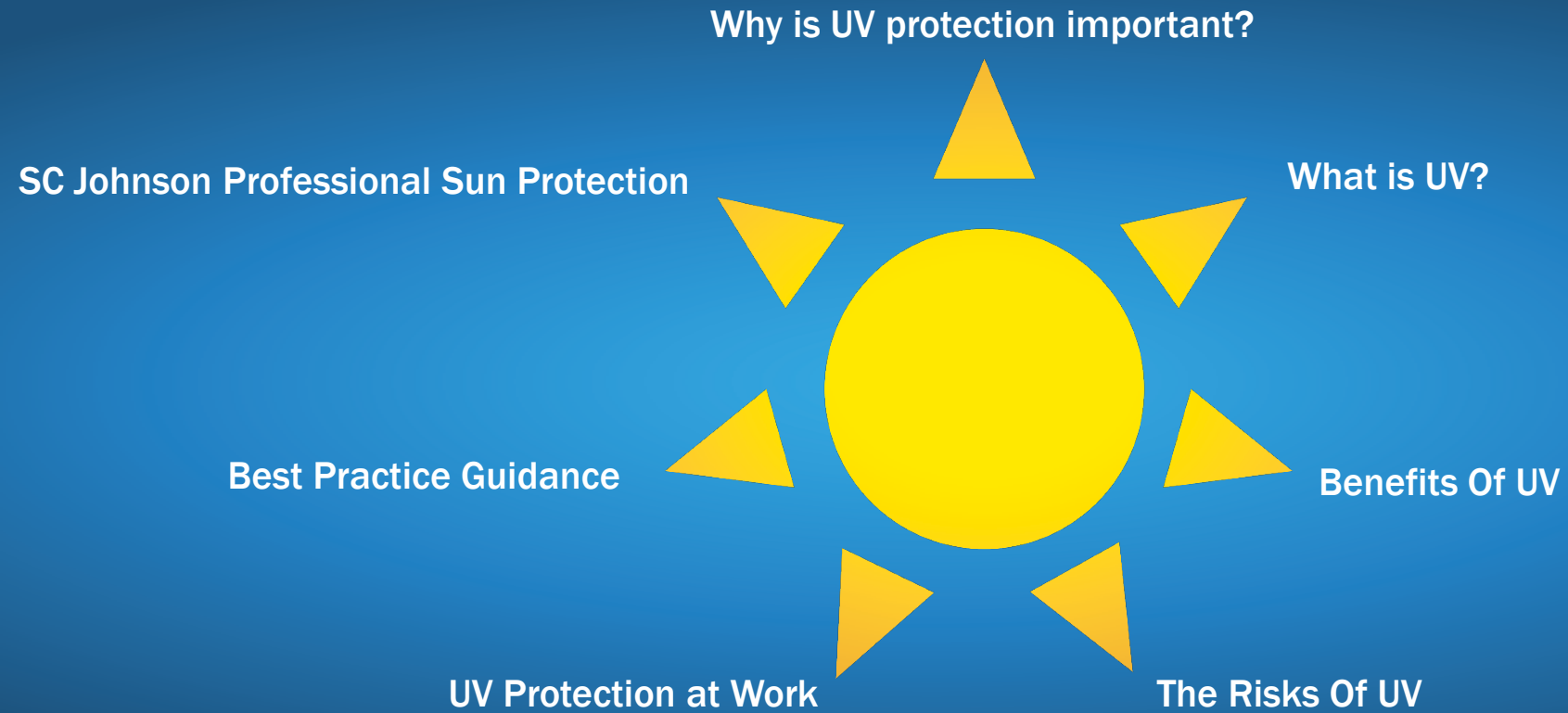




# UV TOOLBOX TALK FOR OUTDOOR WORKERS

# Contents



# THE POSITIVE SIDE OF SUNSHINE

- Provides warmth and light that enhances your general feeling of well-being
- Stimulates blood circulation
- Crucial in skeletal development, immune function and blood cell formation

**15-20 minutes of unprotected sun exposure, without skin reddening or burning, per day should be sufficient for most people to produce the required vitamin D levels**

# NEGATIVE SIDE OF SUNSHINE: SUNBURN

## What Is Sunburn?

Sunburn is skin damage and your body's response to try to repair it. As well as a clear sign that the DNA in your skin cells has been **damaged by too much UV radiation**. Getting sunburn, just once every 2 years, can triple your risk of melanoma skin cancer

LONG TERM  
**DAMAGE:**



Basal Cell Carcinoma



Squamous Cell Carcinoma



Malignant Melanoma

# UV-RADIATION: THE UNDERESTIMATED RISK

**1 in 3 cancers** diagnosed is a skin cancer.

**5 people per day** get skin cancer from sun expose at work.

**Construction workers** are **six times** more likely to develop skin cancer than other occupational groups.

The risk of workers who spend (parts of) their working hours in the sun is often underestimated

# 「WHAT IS UV?

# UV – WHAT IT IS



UV radiation is a form of electromagnetic radiation that **comes from the sun and man-made sources** like tanning beds and welding torches.

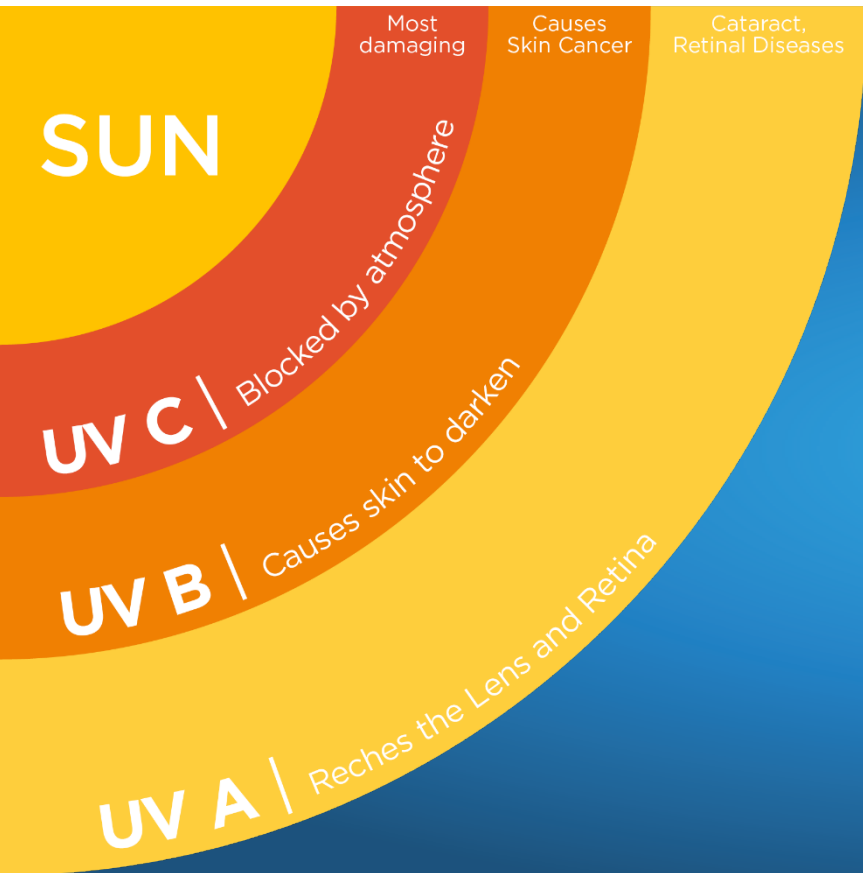


Human skin contains melanin which **functions to block damaging UV rays**. The fairer the skin, the more damaging UV exposure will be.

## REMEMBER...

exposure to UV damages the DNA in skin cells, producing genetic defects, or mutations, that can lead to skin cancer and premature aging

# THE DIFFERENT TYPES OF UV



- **UV A rays** contribute to skin burns, skin cancer and wrinkling/premature ageing. They have a longer wavelength and penetrate the deeper layer of the skin (dermis).
- **UV B rays** are the main cause of sunburns and contribute to the development of skin cancer. UV B rays have a short wavelength and reach and damage the outer layer of skin called the epidermis.
- **UV C radiation** is blocked by the ozone layer and does not reach the earth. UVC rays are artificially generated in certain industrial processes, such as arc welding.





**「WHO IS AT RISK?**

# PROTECT YOUR WORKERS!



Welders



Drivers



Airline pilots



Agriculture



Hospitality  
workers



Teachers



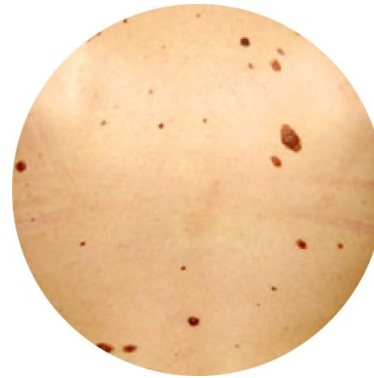
Forestry  
workers

... and all outdoor workers

# WHO IS MOST AT RISK?



Those with fairer skin that is more susceptible to burning are at greater risk



People with lots of moles (more than 50)




If you have a close relative who has had melanoma, you are more at risk yourself



UV radiation such as that found in a welding arc can burn unprotected skin

# WHO IS MOST AT RISK?

**Melanoma skin cancer risk is around twice as high for all skin phototype I & II, and 35% higher for skin phototype III when compared with skin phototype IV**

Skin Type	Visual	Description
Type I		Often burns, rarely tans. Tends to have freckles, red or fair hair, blue or green eyes.
Type II		Usually burns, sometimes tans. Tends to have light hair, blue or brown eyes.
Type III		Sometimes burns, usually tans. Tends to have brown hair and eyes.
Type IV		Rarely burns, often tans. Tends to have dark brown eyes and hair.
Type V		Naturally brown skin. Often has dark brown eyes and hair.
Type VI		Naturally black-brown skin. Usually has black-brown eyes and hair.

# **BEST PRACTICE GUIDELINE**

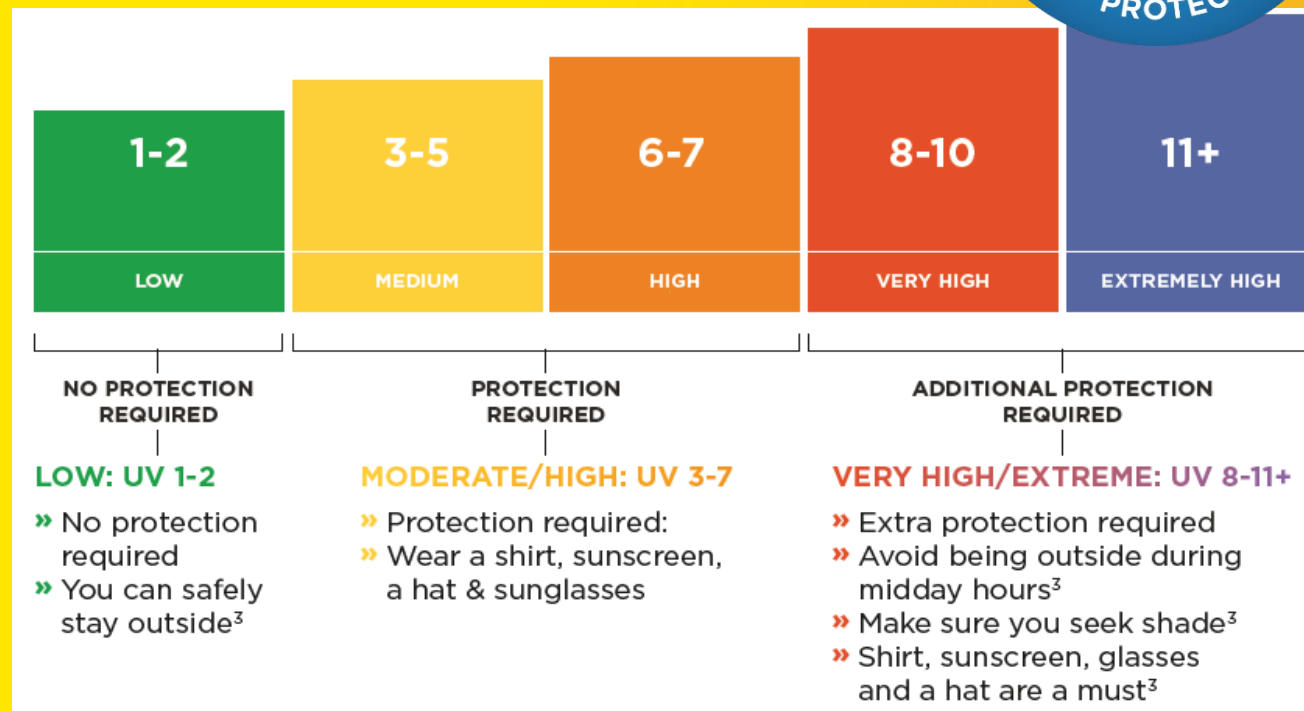
# WHEN IS PROTECTION REQUIRED?



## THE UV INDEX

- A universal index adopted by the World Health Organization
- Shows on a daily basis the UV Index level
- Tells you when sun protection measures are required

Outdoor workers need to be protected as soon as the UV INDEX REACHES 3, even when it is cloudy!



# UV PROTECTION: FOLLOW THE '5S APPROACH'



**1** SLIP on sun protective clothing



**2** SLOP on sunscreen



**3** SLAP on a hat



**4** SLIDE on some sunglasses



**5** Seek SHADE

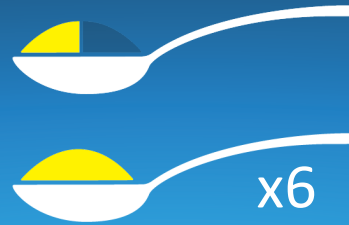


# HOW TO USE SUNSCREEN



## TIMING

Apply a sunscreen product with at least SPF 30 to clean and dry skin about 15 - 20 minutes before exposure to the sun.



## AMOUNT

Half a teaspoon of UV protection cream for the face. For the whole body, at least six full teaspoons. Applying an insufficient amount of product reduces the protective performance.



## RE-APPLICATION

Sunscreens should be reapplied at least every 2 hours or more frequently.

**Sunscreen should be used alongside other protective measures**

# SC JOHNSON PROFESSIONAL SUN PROTECTION

# Stokoderm® SUN PROTECT 50

- Broad spectrum sunscreen for professional use with UVB and UVA protection
- Helps to provide protection against UVC rays artificially created during certain industrial processes, such as arc welding. (Does not replace personal protective equipment)
- Non greasy after feel to encourage regular use and help limit the effect on dexterity with hand held tools
- Contains Glycerin - A skin moisturiser to help prevent drying and leave the skin feeling smooth after use
- Perfume-free, dye-free, water-resistant and silicone-free
- 1000 shots per cartridge



CODE	SIZE	CASE QTY
SPC100ML	100ml Tube	12
SPC1L	1L Cartridge	6
SUN1LDSEN	1L Dispenser	Each
SSCSUN1EN	Sun Safety Board 583 x 412 x 142mm	Each

# POU MATERIALS TO INCREASE USAGE

## Skin Safety Board with 1L Sun Protect Dispenser



## How-to use Instruction Poster



# Get In Touch For A Free Site Survey

**Telephone: 01773 855 100**

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**[www.scjp.com/en-gb/contact](http://www.scjp.com/en-gb/contact)**