



UV TOOLBOX TALK FOR OUTDOOR WORKERS

UV & OUR SKIN



Our body creates vitamin D from direct sunlight it helps the body absorb calcium and phosphate from our diet, important for healthy bones, teeth and muscles.¹



UV radiation is a form of electromagnetic radiation that **comes from the sun and man-made sources** like tanning beds and welding torches.²



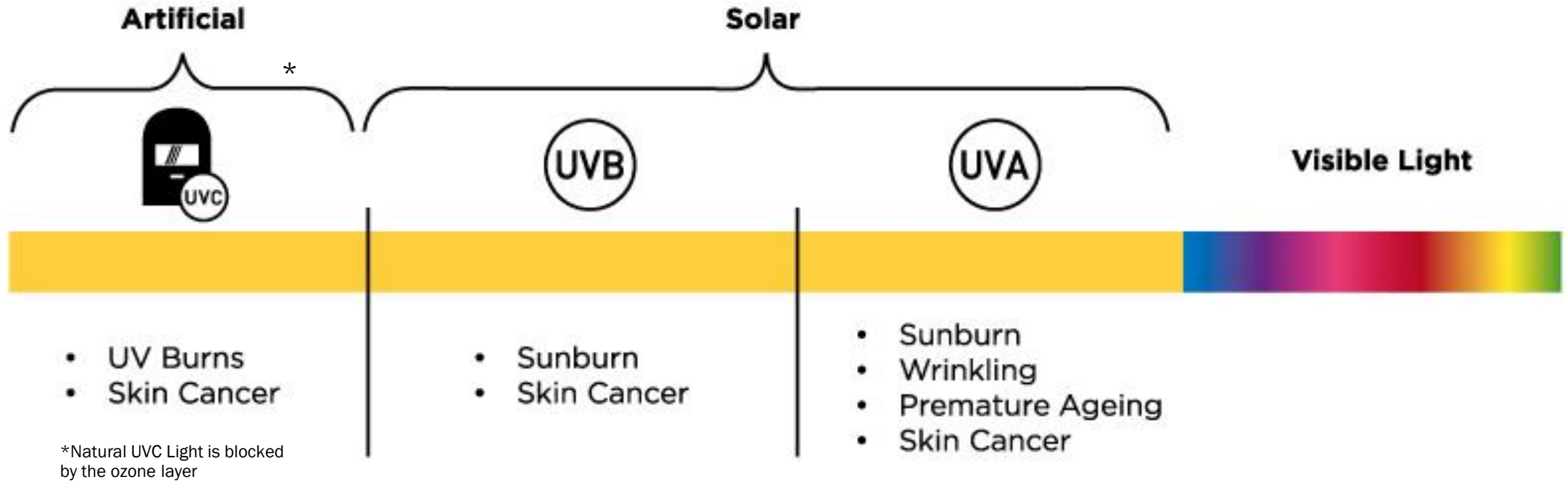
Human skin contains melanin which **functions to block damaging UV rays**. The fairer the skin, the more damaging UV exposure will be.³

REMEMBER...

exposure to UV damages the DNA in skin cells, producing genetic defects, or mutations, that can lead to skin cancer and premature aging⁴

1. www.nhs.uk/live-well/healthy-body/how-to-get-vitamin-d-from-sunlight/ 2. www.cancer.org/cancer/cancer-causes/radiation-exposure/uv-radiation.html
3. www.ncbi.nlm.nih.gov/pmc/articles/PMC3709783/#:~:text=Besides%20the%20creation%20of%20a,UV%20penetration%20into%20the%20skin.&text=In%20fact%2C%20melanocytes%20can%20be,in%20the%20dermis%20and%20epidermi/ 4. www.skincancer.org/risk-factors/uv-radiation/

TYPES OF UV



UV IS IMPORTANT TO US...

- Provides warmth and light that enhances your general feeling of well-being
- Stimulates blood circulation
- Crucial in skeletal development, immune function and blood cell formation⁶

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 levels⁷

6. www.who.int/news-room/q-a-detail/radiation-the-known-health-effects-of-ultraviolet-radiation

7. www.skcin.org/skinCancerInformation/theVitaminDDebate.htm

UV ALSO CAN BE DANGEROUS TO US...

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 cancer⁸

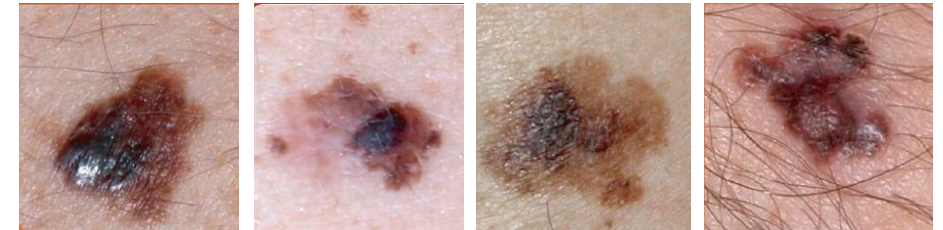
LONG TERM
DAMAGE:



Basal Cell Carcinoma



Squamous Cell Carcinoma



Malignant Melanoma⁹

8. www.cancerresearchuk.org/about-cancer/causes-of-cancer/sun-uv-and-cancer/how-does-the-sun-and-uv-cause-cancer

9. www.skcin.org/typesOfSkinCancer/

SKIN CANCER: THE FACTS

1,700 PEOPLE **THAT'S 5** PEOPLE PER DAY

GET SKIN CANCER FROM SUN EXPOSURE AT WORK*



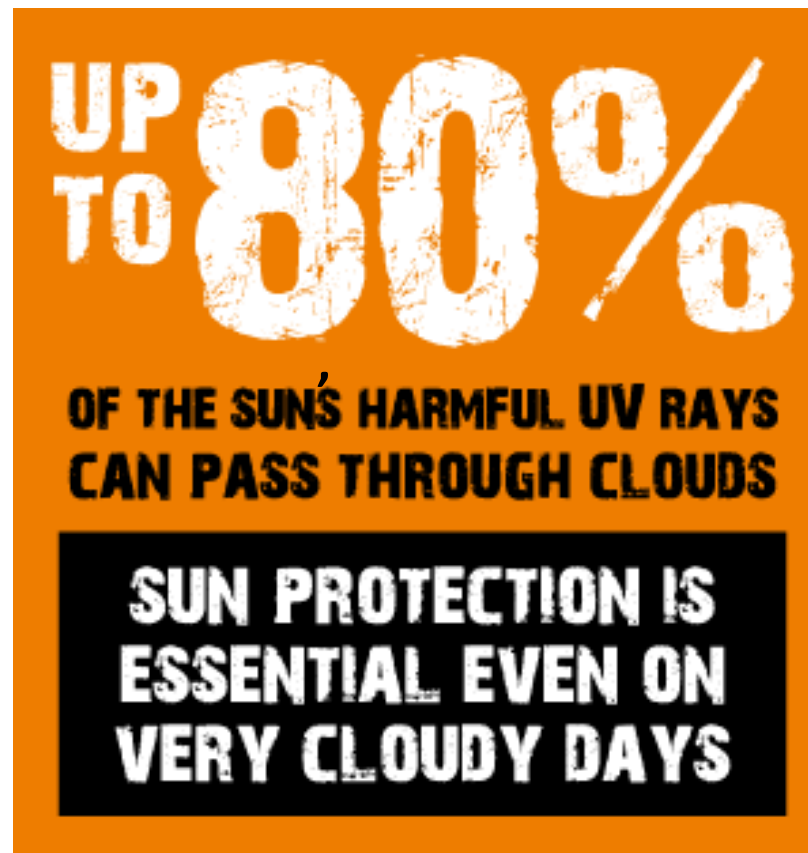
The infographic features a calendar icon with the number 5 on it, indicating the daily number of people affected. Below the text, there are silhouettes of people engaged in various work activities: painting, mowing, digging, and climbing a ladder. The background has a diagonal striped pattern.

10.

UP TO 80%

OF THE SUN'S HARMFUL UV RAYS CAN PASS THROUGH CLOUDS

SUN PROTECTION IS ESSENTIAL EVEN ON VERY CLOUDY DAYS



The infographic has a solid orange background. The text is in white and black. The number 80% is particularly large and stylized. The bottom part of the infographic is a black box with white text.

11.

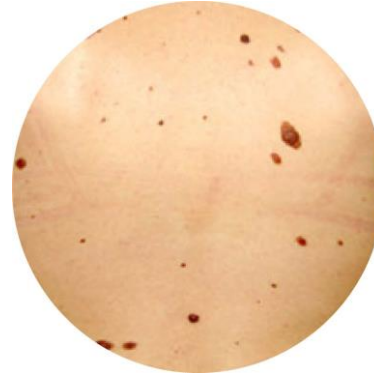
10. www.notimetolose.org.uk/wp-content/uploads/2018/03/POL2722-Solar-Toolbox-Talk-WEB.pdf

11. www.notimetolose.org.uk/wp-content/uploads/2018/03/POL2720-SOLAR-FACTSHEET-WEB.pdf

WHO IS MOST AT RISK?



Those with fairer skin that is more susceptible to burning are at greater risk ¹²



People with lots of moles (more than 50) ¹⁴



If you have a close relative who has had melanoma, you are more at risk yourself ¹³



UV radiation such as that found in a welding arc can burn unprotected skin ¹⁵

12. www.skcin.org/skinCancerInformation/areYouAtRisk.htm 13. www.skcin.org/skinCancerInformation/areYouAtRisk.htm

14. www.britishskinfoundation.org.uk/are-you-at-risk-of-skin-cancer

15. www.ccohs.ca/oshanswers/safety_haz/welding/eyes.html#:~:text=UV%20radiation%20in%20a%20welding,surfaces%2C%20walls%2C%20and%20ceilings.&text=Long%2Dterm%20exposure%20to%20UV%20radiation%20can%20cause%20skin%20cancer

BEST PRACTICE: SUNSCREEN



**RE-APPLY
EVERY
2
HOURS**

The average sized adult should apply at least:

- The average-sized adult should apply at least a teaspoon of sunscreen to each arm, leg, front and back of body
- Plus at least $\frac{1}{2}$ a teaspoon to the face including the ears and neck. If applied too thinly the amount of protection is reduced ¹⁶

For professional users, who may be exposed to UV for extended periods it is the recommended:

- Use water-resistant sunscreen if it's likely you'll sweat or have contact with water
- If you're worried you might not be applying enough SPF30, use a sunscreen with a higher SPF
- Sunscreen should be applied twice: 30 minutes before going out and just before going out ¹⁷

Sunscreen should be used alongside other protective measures¹⁸

16. <https://www.skcin.org/sunSafetyAndPrevention/sunscreenKnowYourFacts.htm>

17. <https://www.nhs.uk/live-well/healthy-body/sunscreen-and-sun-safety/>

18. <https://www.notimetolose.org.uk/wp-content/uploads/2018/03/POL2720-SOLAR-FACTSHEET-WEB.pdf>

BEST PRACTICE: UV PROTECTION

Over exposure to the sun is a serious health threat and should be avoided

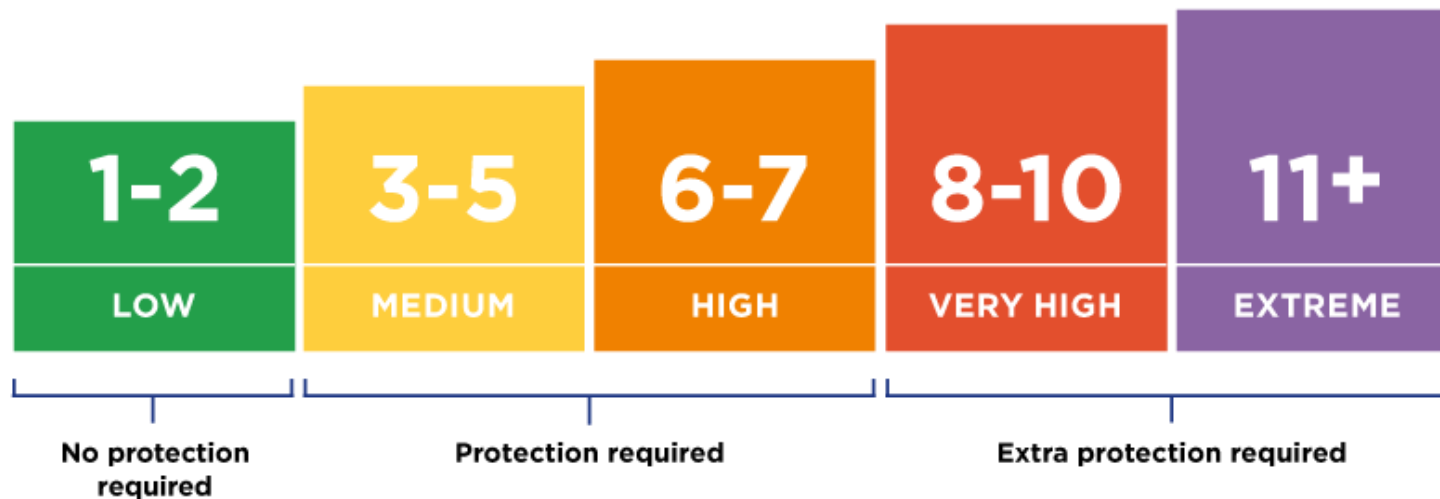
FOLLOW THE '5S APPROACH'



WHEN IS PROTECTION REQUIRED?

THE UV INDEX IS...

- A universal index adopted by the World Health Organisation
- Shows on a daily basis the UV Index level
- When the **UV Index level reaches 3**, protection is required
- To find out the daily UV level visit www.metoffice.gov.uk ²⁰



UV & Sunscreens

- UV Rays are cancerous to humans, not related to temperature and can pass through loosely woven material and clouds ²²
- **SUNSCREENS**
 - The higher the SPF number the more protection there is from burning caused by UVB radiation
 - Research shows that UVA rays may be just as important in causing premature skin ageing and skin cancer
 - Although broad-spectrum sunscreens give protection against both, product labelling can be misleading with the product possibly offering very low UVA protection²³

REMEMBER...

Each episode of sunburn increases the risk of getting skin cancer²⁴



22. www.skcin.org/skinCancerInformation/solarUVRadiation.html

23. www.skcin.org/downloads/SevenDeadlySuns.pdf

24. www.cancerresearchuk.org/about-cancer/causes-of-cancer/sun-uv-and-cancer/how-does-the-sun-and-uv-cause-cancer

SUN PROTECTION FACTOR (SPF)

- **The SPF number tells you how long the sun's UV radiation would take to redden your skin when using the product as directed versus the amount of time without any sunscreen.²⁵**
- SPF determines how much protection a sunscreen gives when applied to the skin at a thickness of 2mg/cm²
- Sunscreens, in order to be protective, have to be applied properly (or in the right amount) to be effective
- It takes 35 ml of sunscreen for one full body application. Many find this too much, so one trick is to reapply once you are in the sun²⁵

SPF
15
↓
x15

SPF
30
↓
x30

SPF
50
↓
x50

AVAILABLE ON SITE

- Offering SPF50 and SPF30 protection options
- Broad spectrum – UVA, UVB and UVC tested
- Perfume-free and water-resistant
- Non greasy after feel to encourage regular use and help limit the effect on dexterity with hand held tools



Stokoderm Sun Protect 50 PURE



Stokoderm Sun Protect 30 PURE



Skin Safety Board with 1L Sun Protect Dispenser

 **PRACTISE SUN SAFETY**

scJohnson
PROFESSIONAL
A family company®

For more information
contact your line manager
