



SUN PROTECTION GUIDE

FOR OUTDOOR WORKERS



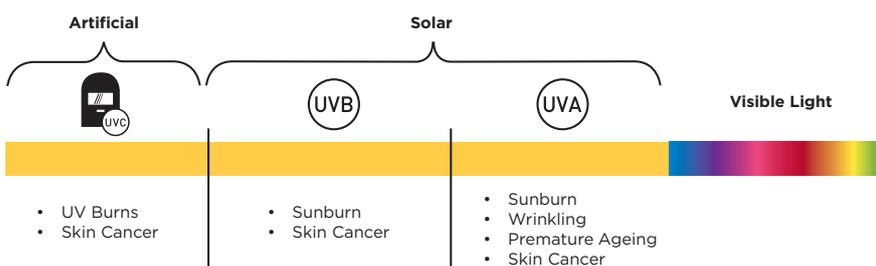
WHAT IS UV?

Ultraviolet (UV) radiation is a type of radiation that is produced by the sun. UV is invisible, and there are three distinct types: **UVA, UVB and UVC rays.**

UVA rays contribute to skin burning, skin cancer and premature ageing. They have a longer wavelength, which means they are able to penetrate deeper into the base layer of the skin.

UVB rays are the primary cause of sunburn and also contribute to skin cancer. UVB rays have a much shorter wavelength and burn the outer layer of the skin.

Lastly, UVC radiation is blocked by the ozone layer whilst UVA and UVB reaches the earth's surface. UVC rays are created artificially during industrial processes such as welding.



WHAT IS SUNBURN?

Sunburn is a clear sign that the DNA in the skin cells has been damaged by too much UV radiation from the sun. You can't feel UV rays – the heat from the sun comes from infrared rays, which can't burn you. This is why people can still burn on cool days.

Getting painful sunburn, just once every 2 years, can triple your risk of melanoma skin cancer.¹²

15 to 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**^{*1}



SUN LIGHT...
boosts the immune system and stimulates our metabolism



INCREASES OXYGEN LEVELS...
in the cells and is essential for building strong bones & teeth



HUMAN SKIN CONTAINS...
melanin which helps block damaging UV rays that penetrate our skin

REMEMBER, IN LARGER DOSES UV LIGHT CAN DAMAGE OUR SKIN

producing burns, skin ageing, cell mutations and even skin cancer

^{*Source}: Professor Andrew Wright, Consultant Dermatologist, Skin Cancer and Outdoor Workers; A guide for employers
¹²Source: <http://www.cancerresearchuk.org/about-cancer/causes-of-cancer>



WHO IS AT RISK?

OUTDOOR WORKERS

OUTDOOR WORKERS HAVE A HIGHER THAN AVERAGE RISK OF DEVELOPING SKIN CANCER

Long-term exposure to the sun causes skin damage and every episode of sunburn increases the risk of getting skin cancer.

In order to stay protected, the average sized adult should apply: at least 1 teaspoon of sun cream to each arm, leg, front of body and back of body and half a teaspoon of sunscreen to the face (including ears and neck).

VEHICLE DRIVERS

A PERSON SITTING IN A VEHICLE CAN STILL RECEIVE SIGNIFICANT EXPOSURE TO HARMFUL UV RAYS

There are many different types of glass; each provides varying levels of sun protection. Therefore drivers and pilots may also be at risk, as glass is not completely sunproof; most glass used for windows blocks UVB but not UVA rays.

It is recommended that people who spend long periods of time in a vehicle, when UV levels are 3 and above, use sun protection. This will help protect occupants both in the vehicle and when they leave it.

WELDERS

UV WELDING ARCS AND FLAMES EMIT INTENSE VISIBLE UV AND INFRARED RADIATION

UV radiation in a welding arc will burn unprotected skin just like UV radiation in sunlight.

This is true for direct exposure to UV radiation as well as radiation that is reflected from metal surfaces, walls, and ceilings.*

Therefore UV protection cream should be applied to unprotected areas such as the face, tops of/ behind ears and the neck.

*Source: CCOHS



BEST PRACTICE

FOLLOW THE 5 S APPROACH WHEN WORKING OUTSIDE.

90%
OF
SKIN CANCER DEATHS
COULD BE PREVENTED*

*Source: IOSH No time to lose solar radiation campaign

SLIP ON
SUN PROTECTIVE
CLOTHING

Encourage workers to keep covered up.

Clothing can be one of the most effective barriers.

SLOP ON
SPF30 OR HIGHER
SUNSCREEN

Apply minimum SPF30 sunscreen, or SPF50+ for very high protection.

Apply 20 minutes before going outside to all exposed areas (face, tops of behind ears and arms).

RE-APPLY EVERY 2 HOURS, more frequently if perspiring.

SLAP
ON A HAT

Where possible choose a **hat with ear and neck protection.**

SLIDE
ON SOME
SUNGLASSES

Slide on a pair of **high quality wrap-around sunglasses.**

SEEK
SHADE

Encourage workers to take breaks or work in a shaded area wherever possible.

Remind them that they still need to apply sun cream in the shade.



DUTY OF CARE

LEGAL OBLIGATION

EMPLOYERS HAVE A DUTY OF CARE TO PROTECT THEIR EMPLOYEES FROM HAZARDS IN THE WORKPLACE AND ACCORDING TO **HSE GUIDELINES**, UV RADIATION SHOULD BE CONSIDERED AN OCCUPATIONAL HAZARD FOR PEOPLE WHO WORK OUTDOORS

DRINK WATER

Ensure fresh drinking water is readily available and encourage workers to drink regularly to avoid dehydration.

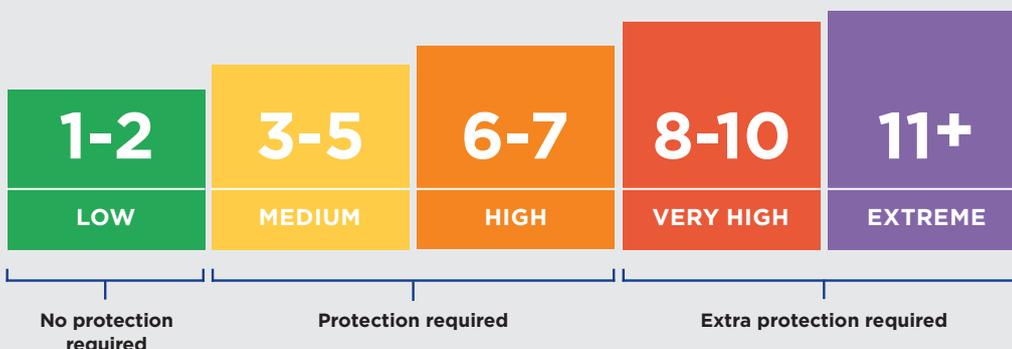
The Health and Safety at Work Act makes it clear that there is a legal duty on every employer to ensure, as far as reasonably practical, the health of their employees. It also says that employers must provide “information, instruction, training and supervision” to ensure their safety.

The Management of Health and Work Regulations also require the employer to conduct a suitable risk assessment of the risks to the health of their workforce including the risks from UV radiation.*

*Source: TUC Guidance for safety representatives

UV INDEX

Adopted by the World Health Organisation, the UV Index indicates on a daily basis what the UV levels are and when sun protection measures are required.



TO FIND OUT THE DAILY UV LEVEL VISIT:
www.metoffice.gov.uk

Outdoor workers need to be protected as soon as the **UV level reaches 3**, not just when the sun is shining.



SPF50 RANGE

According to the HSE, each company has a legal obligation to provide the necessary tools in order to protect their staff. Implementing a 'Skin Care Protection Programme' will help your staff understand the importance of skin protection.



SPF50 - THE RECOMMENDED & SAFEST OPTION

- Apply 20 minutes before sun exposure
- On the average-sized adult, a minimum of 35ml should be applied (equivalent of 1 teaspoon of sunscreen) to each arm, leg, front of body, back of body, and face (including neck and ears).
- Re-apply every 2-3 hours for continuous protection, especially after physical exertion or perspiration
- Always wear protective clothing, hats, and eyewear when exposed to the sun and avoid prolonged exposure to the sun.

Stokoderm® Sun Protect 50 PURE



UV Skin Protection Cream

UVA | UVB | UVC

- Broad spectrum sunscreen for professional use with UVB and UVA protection
- Provides protection against UVC rays artificially created during certain industrial processes, such as arc welding
- Absorbs quickly and easily into the skin and does not affect dexterity with hand held tools
- Clinically proven to improve skin-hydration
- Perfume-free, water-resistant and silicone-free



SPF50

Stokoderm® Sun Protect 50 PURE 100ML



Code: SPC100ML
Case Qty: 12

- Ideal for workers on the move
- Handy 100ml tube

Stokoderm® Sun Protect 50 PURE 1L Cartridge



Code: SPC1L
Case Qty: 6

- 1000 shots per cartridge
- Hygienic, sealed cartridge to prevent ingress of air

Sun Protect 1L Dispenser



Code: SUN1LDSEN
Case Qty: Each

- Use with Stokoderm® Sun Protect 50 or 30 PURE 1L cartridges

SPF30

- Perfume-free, dye-free and water-resistant

Stokoderm® Sun Protect 30 PURE 100ML



Code: SUN100ML
Case Qty: 12

- Ideal for workers on the move
- Handy 100ml tube

Stokoderm® Sun Protect 30 PURE 1L Cartridge



Code: SUN1L
Case Qty: 6

- 1000 shots per cartridge
- Hygienic, sealed cartridge to prevent ingress of air

Sun Protect 1L Dispenser



Code: SUN1LDSEN
Case Qty: Each

- Use with Stokoderm® Sun Protect 50 or 30 PURE 1L cartridges

SUN SAFETY CENTRES



Sun Safety Centre

Code: SSCSUN1EN
Case Qty: Each

- Raises awareness of key skin cancer facts
- Encourages workers to apply sun cream
- UV index display
- 1L Sun Dispenser
- Mirror for ease of application
- Use with Stokoderm® Sun Protect 50 or 30 PURE 1L cartridges



Sun Safety Centre - Starter Pack

Code: SSCSUNSP
Case Qty: Each

AN ALL-IN-ONE KIT CONTAINING

- 1x Sun Safety Centre with key facts about skin cancer
- UV index display
- 1L Sun dispenser, Sun Protect 30 PURE 1L cartridge and mirror for ease of application
- Encourages workers to apply sun cream
- Support and educational literature

DID YOU KNOW...?

ULTRAVIOLET (UV) RAYS...



Are carcinogenic (cancerous) to humans



Are not related to temperature



Can pass through loosely woven material



Cannot be seen or felt



Can pass through clouds



Bounce off reflective surfaces such as metal, concrete, water & snow

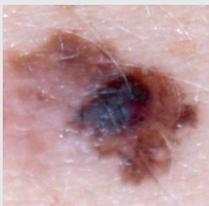
CHECK YOUR SKIN

Skin cancer can be divided into two main groups: non melanoma skin cancer and malignant melanoma.

Malignant melanoma is the rarest form of skin cancer but is the most serious and can kill. Malignant melanoma is curable if treated early. Delay in diagnosis can result in it spreading to other sites and organs within the body.

The **ABCDE of melanoma rule** (below) will help you and your workforce remember what to look out for - the example photographs show abnormal moles and melanomas, but remember yours may not look exactly like these, so if you notice any changes or unusual marks that have lasted more than a few weeks you must consult your doctor immediately. A melanoma can grow anywhere on your body so it is important to check your entire body regularly (once per month) for any changes or abnormalities.

A = ASYMMETRY



When half the mole does not match the other half

B = BORDER



When the borders of the mole are irregular/ragged or blurred

C = COLOUR



When the colour of the mole varies throughout/no uniform pigmentation

D = DIAMETER



When the diameter is greater than 6mm (but it could be smaller)

E = EVOLVING



Changes in the mole over variable time - weeks, months or years

REMEMBER... IF YOU HAVE ANY DOUBT YOU SHOULD CONSULT YOUR DOCTOR.



0845 300 6672



sales@greenham.com



greenham.com



GREENHAM
Protecting People Everyday

UK LIT1511/0320

SC Johnson Professional
Denby Hall Way
Denby
Derbyshire DE5 8JZ, UK

Tel: +44 (0) 1773 855100

talktous@scjp.com

www.scjp.com

At SC Johnson Professional® we provide expert skin care, cleaning and hygiene solutions for industrial, institutional and healthcare users.

Our product range incorporates the Deb branded range of specialist occupational skin care products along with the well-known SC Johnson brands enhanced for professional use and innovative specialist professional cleaning and hygiene products.

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PROFESSIONAL
A Family Company®

RETHINKING THE PROFESSIONAL EXPERIENCE