

STAY SAFE IN THE SUN

Protect your skin from harmful ultraviolet radiation from the sun when you're working. Follow five simple steps to make sure you enjoy the weather, without putting your health at risk.



1 COVER UP

Wear long, loose clothing to keep the sun off your skin.



2 PROTECT YOUR HEAD

Don't forget your head, face, ears and neck – wear a hat, preferably with a wide brim, and sunglasses with UV protection. If you wear a hard hat, use one fitted with a Legionnaire-style flap. If you wear safety goggles, make sure they have a UV filter.



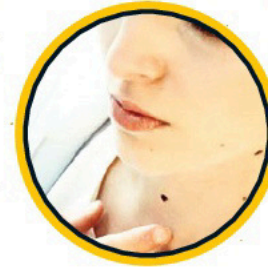
3 SEEK SHADE

Come out of the sun whenever possible during the most powerful ultraviolet periods (10am–3pm), and remember to stay in the shade during breaks.



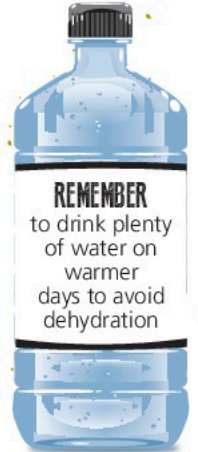
4 USE SUNSCREEN

Use SPF 30 or higher on any exposed skin – apply it half an hour before going outside, put plenty on and reapply it frequently.



5 BE SKIN SAFE

Report mole changes (size, shape, colour, itching or bleeding) or any other concerns about your skin to your doctor as soon as possible – don't put it off, early treatment is important. Have a look at our simple skin check guide on the other page.



THE UV INDEX

The strength of the sun's rays isn't connected to the temperature – check the UV index. You'll find the index on many weather forecast apps and websites.



FIVE WORKERS A DAY GET SKIN CANCER*

LOW (1,2)	MODERATE (3,4,5)	HIGH (6,7)	VERY HIGH (8,9,10)	EXTREME (11+)
You can safely stay outside	Take care during midday hours and don't spend too much time in the sun unprotected	Seek shade during midday hours, cover up and wear sunscreen	Spend time in the shade between 10am and 3pm. Covering up and sunscreen essential	Avoid being outside in midday hours. Covering up and sunscreen essential

GET TO KNOW YOUR SKIN

Checking for signs of skin cancer is as easy as A, B, C (and D). Be aware of how your skin normally looks – that way, you'll notice changes that could be signs of skin cancer.

- Found a new mole?
- Spotted any changes to the size, shape or colour of an existing mole or patch of skin?
- Noticed a new growth or sore that doesn't heal?
- Found a spot, mole or sore that hurts or is itchy?
- Seen a mole or growth that bleeds, crusts or scabs?

melanoma is most likely to occur. Use a mirror or get someone else to help you check.

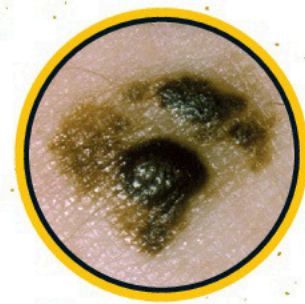
Get any skin problem checked by your GP. There may be nothing to worry about, but if something is wrong, treating it early could stop it getting worse – and even save your life.

Look at Cancer Research UK's guide to spotting the signs of skin cancer at sunsmart.org.uk/UV-the-sun-and-skin-cancer/spotting-skin-cancer-early

Remember to check your neck and back too if they've been exposed – in men, this is where



Working together to beat occupational cancer
The Institution of Occupational Safety and Health is campaigning to stop thousands of untimely deaths to work-caused cancer – find out more at www.notimetolose.org.uk



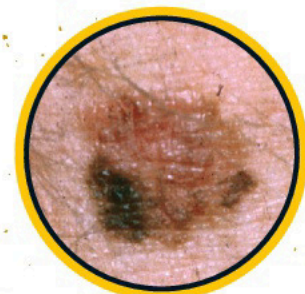
A SYMMETRY

two halves of a mole look different



B BORDER

the edges of the mole are blurred, jagged or not regular



C COLOUR

the colour of the mole isn't even, with more than one shade of colour



D DIAMETER

the mole is wider than 6mm (the size of a rubber on top of a pencil)

I
IVORY

Characteristics
Pale skin, light or red hair, prone to freckles. Burns very easily and rarely tans

Sun protection
At the greatest risk of developing skin cancer. Needs to protect skin, preferably with clothing

II
BEIGE

Characteristics
Fair skin, likely to have light hair, blue or brown eyes. Some have dark hair but still have a fair skin. Usually burns but may gradually tan

Sun protection
At the greatest risk of developing skin cancer. Needs to protect skin, preferably with clothing

III
LIGHT BROWN

Characteristics
Light olive skin with dark hair and brown or green eyes. Burns with long exposure to the sun but generally tans quite easily

Sun protection
Should protect themselves in strong sunshine

IV
MEDIUM BROWN

Characteristics
Brown eyes and dark hair. Burns with very lengthy exposures but always tans easily

Sun protection
Should protect themselves in strong sunshine

V
DARK BROWN

Characteristics
Naturally brown skin, brown eyes and dark hair. Burns only with excessive exposure to the sun. Skin easily darkens further

Sun protection
Should protect themselves when outdoors in the sun for a long time

VI
VERY DARK BROWN

Characteristics
Black skin with dark brown eyes and black hair. Burns only with extreme exposure to the sun. Skin very easily darkens further

Sun protection
Should protect themselves when outdoors in the sun for a long time