



SUN SAFETY AT WORK

During the recent 'No Time to Lose' campaign which helps to raise awareness of occupational cancers, IOSH promoted the 'Sun Awareness Week' organised by the British Association of Dermatologists.

Figures show that at least 1,500 new cases of non-melanoma skin cancers and 240 new cases of malignant melanoma linked to ultra violet radiation exposure at work are diagnosed in Britain each year. Skin cancer kills 60 workers a year in Britain alone.

It stands to reason that those most at risk are outdoor workers. However, the risks can be mitigated if managers and workers understand the dangers of exposure and take the necessary precautions;

- Limit the amount of time that workers are exposure to direct sunlight
- Avoid long periods of exposure during the middle of the day (10am -3pm) when the suns UV rays are at their strongest
- Encourage workers to wear long sleeved, loose fitting clothing, sun hats and sun cream.
- Drink plenty of water to avoid dehydration.

Workers should check their skin regularly for signs of changes, itching or bleeding.

More advice can be found on the Sun Smart website: www.cancerresearchuk.org

(Source: IOSH Magazine June 2019)