

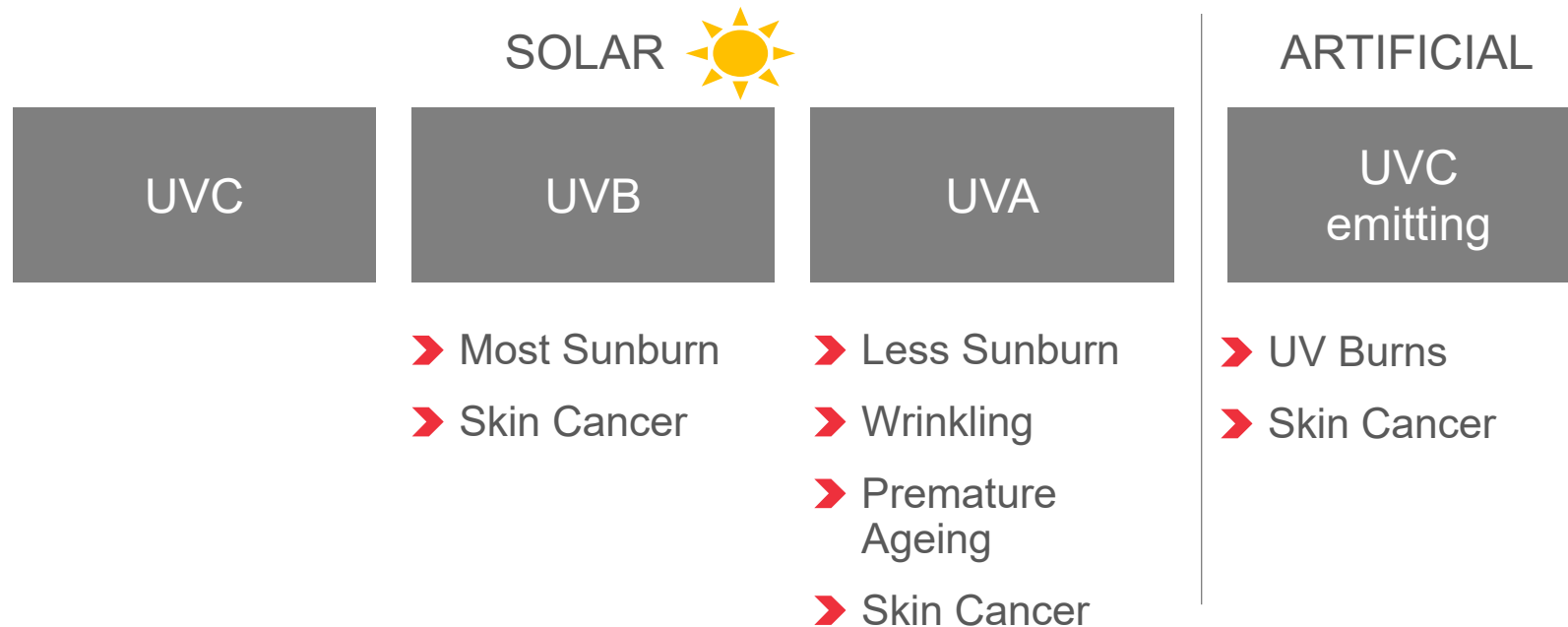


Toolbox Talk For Outdoor Workers

UV and Your Skin

UV Radiation

- Ultraviolet radiation (UVA, UVB and UVC) and UV-emitting tanning devices are Group 1 carcinogens (causes cancer)



Getting painful sunburn just once every two years can triple the risk of melanoma

The Positive Side Of Sunshine

- Provides warmth and light that enhances our general feeling of well-being
- Stimulates blood circulation and our metabolism
- Increases oxygen levels in the cells
- Important in producing Vitamin D – essential for bones and teeth



15-20 minutes of unprotected sun exposure, without skin reddening or burning, produces the required amount of vitamin D



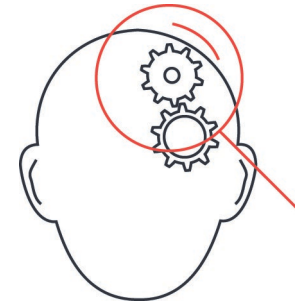
Skin Cancer Facts



Skin cancer is the most common cancer in the world



Skin cancer cases are rising



Awareness is low

Melanoma Skin Cancer Statistics*

**16,744
Cases**

New cases of melanoma skin cancer each year, 2016-2018 average, UK

**2,341
Deaths**

Deaths from melanoma skin cancer, 2017-2019, UK

**87%
Survival**

Survive melanoma skin cancer for 10 or more years, 2013-2017, England

**86%
Preventable**

Melanoma skin cancer cases are preventable 2015, UK

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

Know The Risks

The sun's UV rays:



Cannot be
seen or felt



80% can pass
through clouds



Can pass
through loosely
woven material



Bounce of
reflective
surfaces



Can penetrate
through glass

- **Over 80%** of all skin cancers are caused by over-exposure to the sun's UV rays and/or sunbeds
- Damage is **permanent, irreversible, increases with each exposure** and **can result in death**

The Damaging Effects

- **80%** of tumours occur on the head, face, neck, and hands
- **Large tumours** can develop around the mouth and nose
- Left untreated skin cancer can **spread to other parts of the body to form new cancers**

PHYSICAL SYMPTOMS



Difficulty Eating,
Speaking or Breathing



Vision Problems



Trouble Hearing



Problems Sleeping



Itching



Bleeding



Soreness & Pain



Scarring & Disfigurement

PSYCHOSOCIAL SYMPTOMS



Low Self Esteem



Social Isolation
& Loneliness



Anxiety & Stress



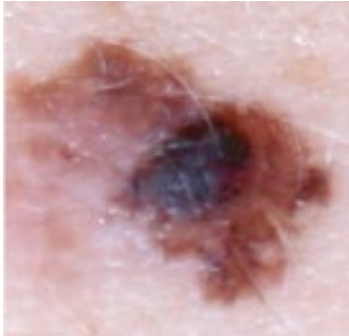
Embarrassment

Damage is **permanent, irreversible, increases with each exposure, and can result in death**

Early Detection

- Spotting skin cancer early could save your life!

A = ASYMMETRY



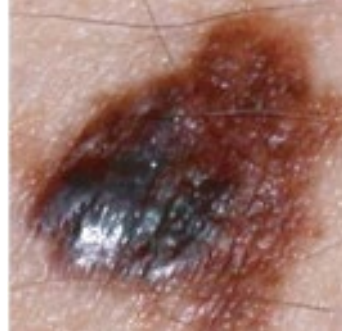
When one half of mole does not match other half

B = BORDER



When the borders are irregular, ragged or blurred

C = COLOUR



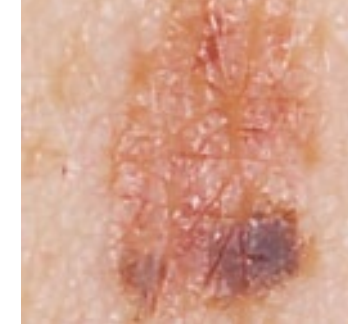
When colour varies, no uniform pigmentation

D = DIAMETER



When diameter is over 6mm (some exceptions)


E = EVOLVING



When changes over time – weeks, months, years

- Consult your Doctor as soon as possible if you notice:
 - A new, unexplained skin change which appears suddenly
 - A change in shape, particularly getting an irregular outline
 - A change in colour, gets darker, becomes patchy
 - Gets bigger or grows quickly
 - A spot or sore which continues to itch, bleeds, hurts, crusts or inflames

Protect Your Workers

| 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. |

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

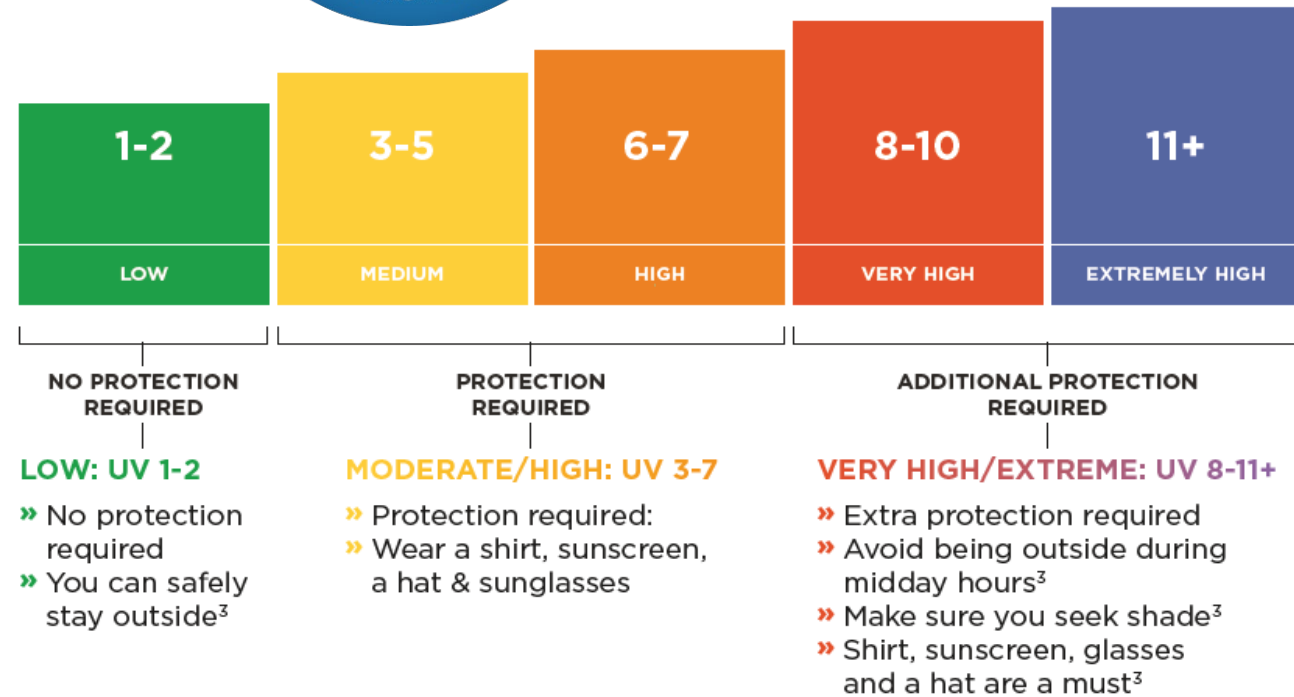
When Is Protection Required?



THE UV INDEX

- A universal index adopted by the World Health Organization
- Shows the daily 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 or more, 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 sunglasses



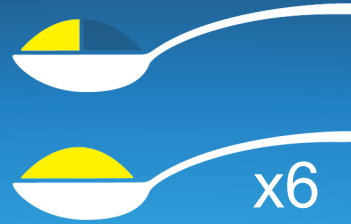
5 Seek **SHADE**

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

Stokoderm® Sun Protect 50

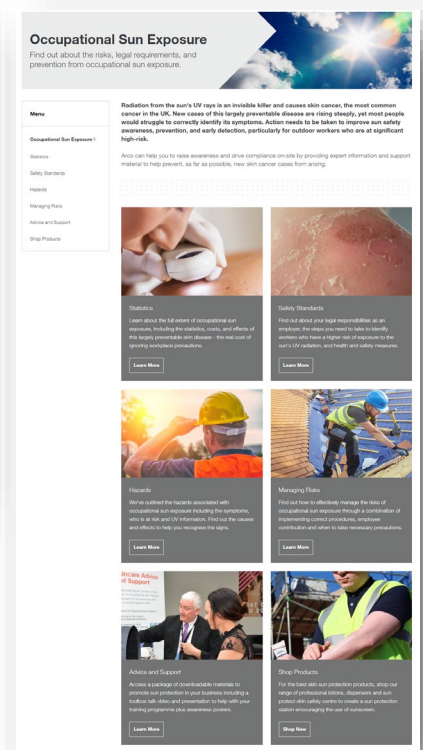
- Broad spectrum sunscreen for professional use with UVB and UVA protection
- Helps to provide protection against UVC rays artificially created during certain industrial processes, such as arc welding. (Does not replace personal protective equipment)
- Non greasy after feel to encourage regular use and 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

The image displays three product formats: a 1L cartridge, a 100ml tube, and a 1L dispenser. The dispenser is white with an orange base. To the right is a Sun Safety Board featuring a UV level gauge and a dispenser. The gauge shows UV levels from 1 to 11+, with a warning to apply sunscreen at level 3 or above. Below the products are icons for UVA, UVB, UVC, Silicone-free, Perfume-free, and a skin care icon.

| CODE | SIZE | CASE QTY |
|---------|---------------------------------------|----------|
| 2769950 | 100ml Tube | 12 |
| 2769900 | 1L Cartridge | 6 |
| 2769032 | 1L Dispenser | Each |
| 2769019 | Sun Safety Board 583 x 412 x 142mm | Each |

Support Materials

- Downloadable UV Sun Awareness Posters - <https://www.arco.co.uk/expert-advice/occupational-sun-exposure/support>
- Online expert advice - <https://www.arco.co.uk/expert-advice/occupational-sun-exposure>
- UV Toolbox Talk Video- <https://youtu.be/gWT68rrvGmA>



Get In Touch

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