



# Sun protection at work



# THE POSITIVE SIDE OF SUNSHINE

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



**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 levels**

# NEGATIVE SIDE OF SUNSHINE: SUNBURN

- Long Term Damage

## 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 cancer



Basal Cell Carcinoma



Squamous Cell Carcinoma



Malignant Melanoma



# UV-RADIATION: THE UNDERESTIMATED RISK

**1 in 3 cancers** diagnosed is a skin cancer.

**5 people per day** get skin cancer from sun expose at work.

**Construction workers** are **six times** more likely to develop skin cancer than other occupational groups.

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

\* Numbers based on UK Market

# WHAT IS UV?

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

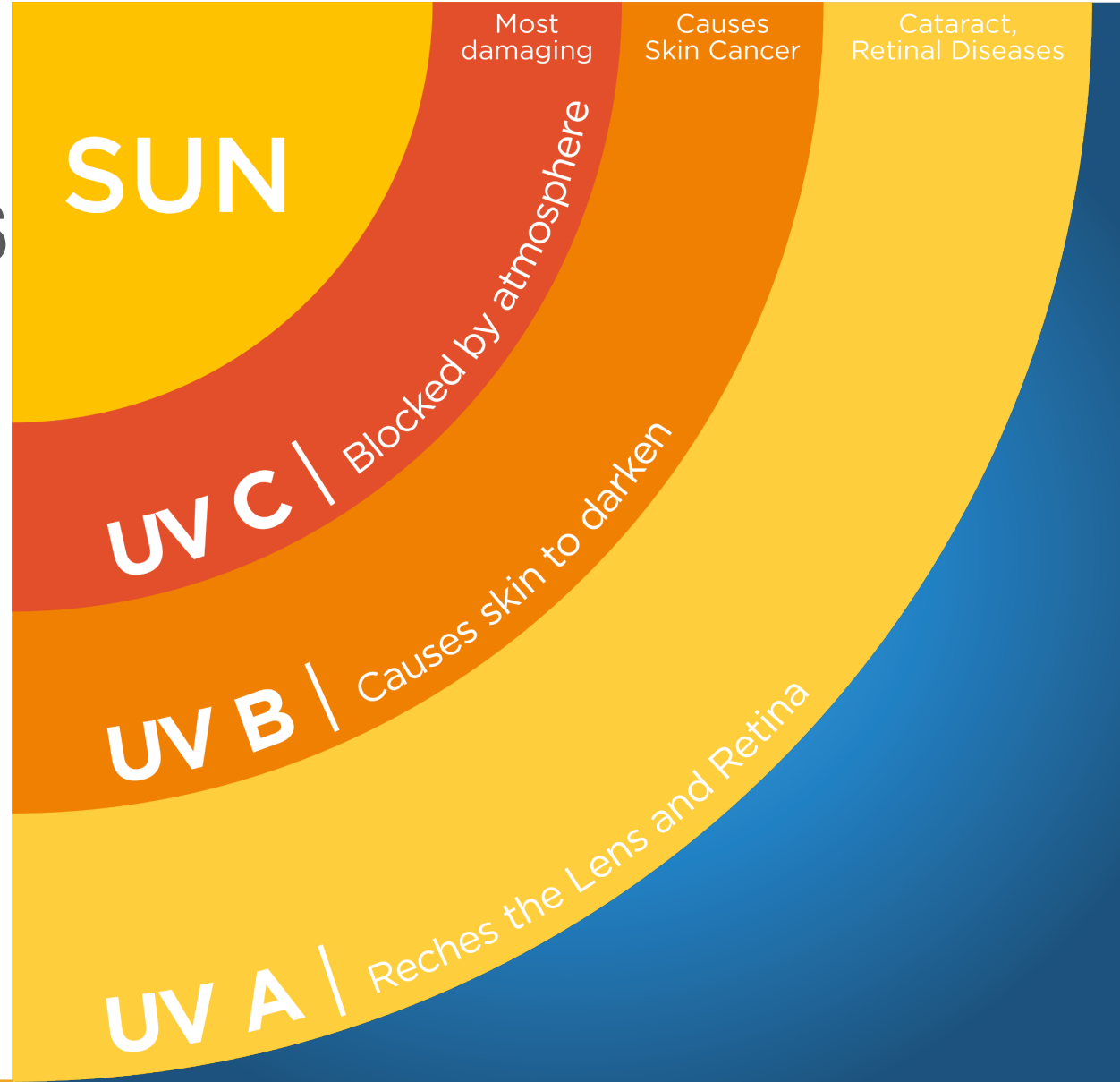
Human skin contains melanin which **functions to block damaging UV rays.** The fairer the skin, the more damaging UV exposure will be.

## REMEMBER...

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

# THE DIFFERENT TYPES OF UV

- UV C radiation is blocked by the ozone layer and does not reach the earth. UVC rays are artificially generated in certain industrial processes, such as arc welding.
- UV B rays are the main cause of sunburns and contribute to the development of skin cancer. UV B rays have a short wavelength and reach and damage the outer layer of skin called the epidermis.
- UV A rays contribute to skin burns, skin cancer and wrinkling/premature ageing. They have a longer wavelength and penetrate the deeper layer of the skin (dermis).



# PRIORITISE UV PROTECTION



ABOUT  
UV

WHAT IS  
UV?

WHO IS AT  
RISK

BEST PRACTICE  
GUIDANCE

SC JOHNSON  
PROFESSIONAL SUN  
PROTECTION



# PROTECT YOUR WORKERS!



Welders



Drivers



Airline pilots



Agriculture



Hospitality workers



Teachers



Forestry workers

... and all outdoor workers

## WHO IS MOST AT RISK?



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



People with lots of moles (more than 50)









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



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

## WHO IS MOST AT RISK?

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 & II, and 35% higher for skin phototype III when compared with skin phototype IV



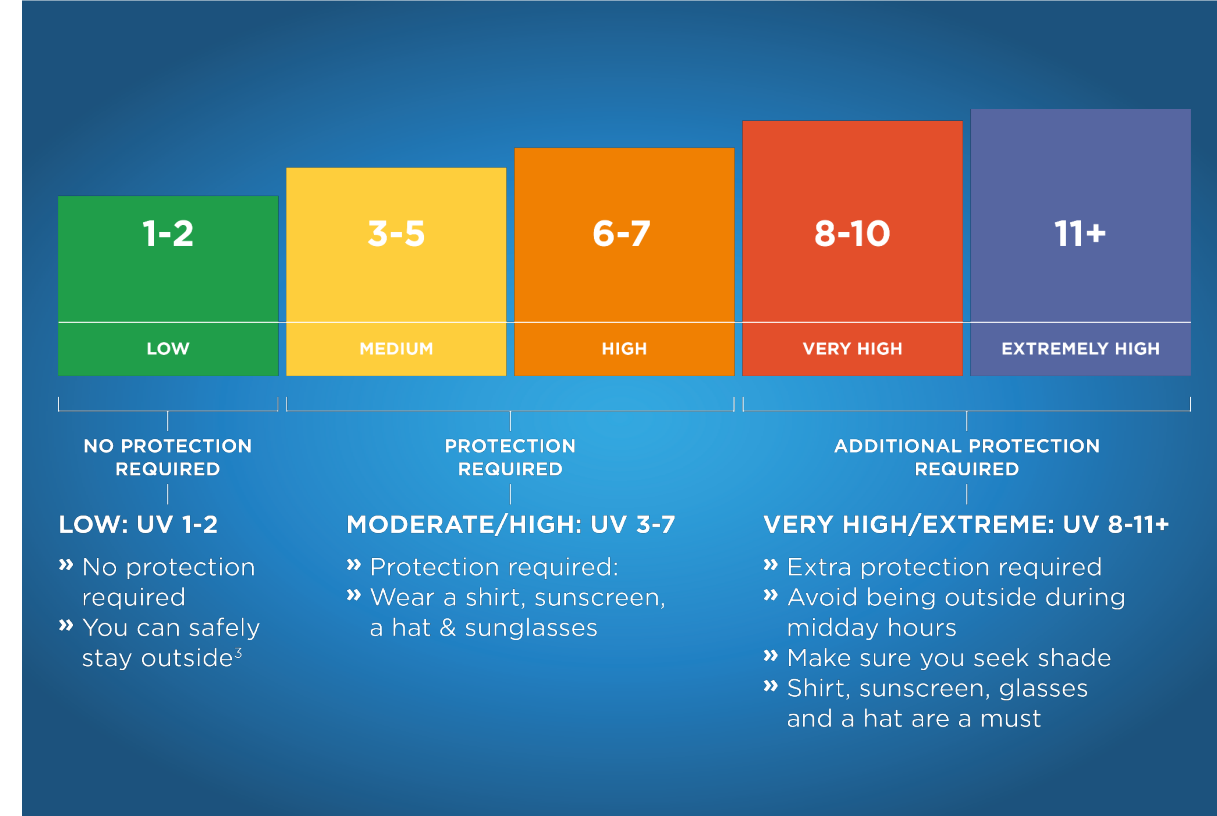
# HOW DOES STOKODERM® SUN PROTECT WORK?



# WHEN IS PROTECTION REQUIRED?

## THE UV INDEX IS...

- A universal index adopted by the World Health Organization
- Shows on a daily basis the 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, even when it is cloudy!**



Source: WHO

# UV PROTECTION: FOLLOW THE '5S APPROACH'



**1** SLIP on sun protective clothing



**2** SLOP on sunscreen



**3** SLAP on a hat



**4** SLIDE on some sunglasses



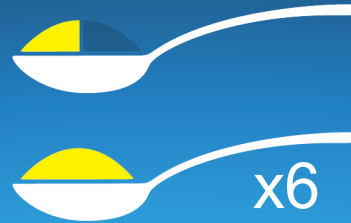
**5** Seek SHADE

## 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 handheld 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



CODE	SIZE	CASE QTY
2769950	100ml Tube	12
2769900	1L Cartridge	6

CODE	SIZE	CASE QTY
2769032	1L Dispenser	Each
2769019	Sun Safety Board 583 x 412 x 142mm	Each



# Get In Touch

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