

Hot Weather

Although we associate outdoor work with healthy living, too much sunlight is harmful. A tan is a sign that your skin has been damaged by the ultraviolet (UV) rays in sunlight.

Certain workers are at high risk (raise hands):

- Do you have fair or freckled skin?
- Does your skin go red or burn before it tans?
- Have you fair or ginger hair or light eyes?
- Have you moles on your skin?

What are the Dangers?

- Burning , blistering and sunstroke.
- Premature aging and leathery appearance.
- But the real danger is the increased risk of *Skin Cancer*, which is a *killer*.

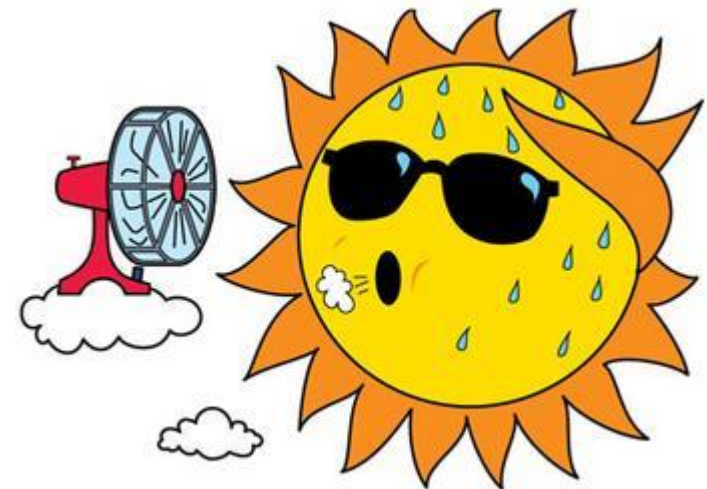
How can you avoid the risks?

- Keep arms, legs and torso covered.
- At break times, go into the shade.
- Use high factor sunscreen, minimum SPF15.
- Check your skin regularly. If spots or moles change shape or colour or start to itch or bleed, see your doctor promptly

You also need to drink plenty of water to avoid dehydration, especially if you are doing manual work.

Did you know?

The most common cancer in the UK is Skin Cancer, there are over a 100 new cases diagnosed each day.



Q. Why is prolonged exposure to sunlight hazardous?

Q. How can you avoid the risks?