

# HEALTH, SAFETY AND ENVIRONMENTAL NEWSLETTER

## Here comes the summer sun - Skin Cancer Facts

Skin cancer is the **most common cancer** in the world and cases are on the increase in the UK

**Sun exposure** is the main cause of skin cancer, 80% of which are on the head and neck

**Construction workers are most at risk**

**60 people die each year** in the UK after sun exposure at work

A tan doesn't protect you from skin cancer – it means you're already **damaging your skin**

Getting **painful sunburn just once every 2 years can triple your risk** of skin cancer

It doesn't have to be sunny!  
**Up to 80% of dangerous UV rays can get through a cloudy sky**

## SKIN CANCER IS AVOIDABLE

**9 out of 10 skin cancer deaths can be prevented if UV (sunlight) exposure is controlled**



## SUN-SAFETY MEASURES

1. Use sunscreen (SPF30 and UVA 4-star rating) but always:
  - apply enough and cover ALL exposed skin
  - leave time for sunscreen to soak in
  - re-apply sunscreen regularly
2. Drink plenty of water
3. Wear hats and neck cover – attachable neck protection is available for safety helmets
4. Check your skin monthly and seek medical advice promptly if you're concerned – early detection means more effective treatment. Look for:
  - spots or sores that continue to itch, hurt, crust, scab, or bleed, or don't heal for 4 weeks
  - moles that change size, shape or colour, or that itch or bleed

## PPE – a summer reminder

The PPE you need for your job still has to be worn, even when the sun is out and the temperature is rising. Special consideration may be allowed on the hottest days for certain items of PPE, **but** this depends on the work you're doing and the Site Manager's permission.

- Do not wear sleeveless T-shirts
- Always wear a T-shirt or long-sleeved top under your high-vis vest – only approved high-vis tops may be worn with nothing underneath
- Do NOT cut your high-vis vest or top to make it shorter
- Do NOT tie your high-vis vest or top to make it shorter
- Do NOT wear shorts or cropped trousers (or skirts!) unless site rules and Site Manager specifically allow them, and NEVER when working with or near cement, concrete, mortar or tarmac
- Always wear your safety footwear, and make sure you change your socks at least daily to help keep your feet fresher
- Always wear your hard hat where there is a risk of injury to your head or where the site rules require it (regardless of how hot it is)
- Darkened safety glasses with UV protection are available if your work requires you to wear safety glasses (make sure they have the same impact protection though)
- If there's anything you need (eg neck protection to wear with your hard hat) or if you have any concerns – ask the office or your Health and Safety Advisor