

Skin Care at Work
Sun Protection
for Workers
- A Manager's Guide



The world's leading away from
home skin care company

Skin cancer in United States

Skin cancer is the most common form of cancer in United States

81,220 new cases diagnosed each year

12,980 deaths per year

More men than women die of skin cancer

*includes melanoma and non-melanoma cases. American Cancer Society. Cancer Facts & Figures (2014).

The sun

The sun's rays contain 3 types of radiation: UVA, UVB and UVC

- **UVA** penetrates the skin and can cause aging and skin cancer
- **UVB** causes burning to the top layer of skin
- **UVC** is absorbed by the ozone layer

UVA levels are as high on cloudy days as sunny days. Due to reflection, UVA and UVB still radiate in the shade

The risk of sun exposure to workers

- Long-term exposure to the sun causes skin damage
- Every episode of sunburn increases your risk of getting skin cancer
- Outdoor workers are at risk to both UVA and UVB exposure if they are working outside in sunny, shady or cloudy conditions
- Employers have a duty of care to protect their employees from hazards in the workplace and UV radiation should be considered an occupational hazard for people who work outdoors

*(HSE)

- Drivers may also be at risk, as glass is not completely sunproof: most glass used for windows blocks UVB but not UVA



Did you know?

Outdoor workers are at risk if they are working outside in sunny, shady or cloudy conditions



Minimizing the risk of the sun for outdoor workers

Employer Guidelines

Where outdoor working cannot be avoided:

- Include sun protection advice in routine health & safety training – make sure workers understand the risks of sun exposure – even on cloudy days and in the shade
- Include sun exposure as part of your hazard risk assessment
- Encourage workers to keep covered up in the summer months
- Encourage workers to take breaks in the shade, but do remind them that they still need to be protected in the shade
- Encourage workers to use sunscreen on unprotected areas of the body
- Ensure fresh drinking water is readily available and encourage workers to drink regularly to avoid dehydration
- Encourage workers to check their skin regularly and to seek medical advice if they find any unusual moles, spots or other changes to the skin

Individuals at high risk of skin cancer include:

- People with very fair skin that burns easily
- People with a personal or family history of skin cancer
- People with lots of moles (more than 50)
- People being treated with immunosuppressive drugs

It is the employer's responsibility to advise employees of the dangers of working in the sun



Don't forget...
use sun protection during those Indian summer days in September



Minimizing the risk of the sun for workers

Employee Guidelines

1 SHADE

- Seek shade and work in a shaded area wherever possible
- Sun protection is still required in the shade
- Take breaks in the shade

2 COVER UP

- Keep your top on and wear a hat if appropriate
- Where possible choose a broad brimmed hat with ear and neck protection
- Wear sunglasses with UV protection

3 PROTECT

Use sun protection every day over the mid-year period (Easter to end August at least)

- a. Apply minimum factor 30 sunscreen with good quality UV protection to all exposed areas including the face, tops of / behind ears and arms
- b. Apply to clean, dry skin
- c. Apply 15 to 20 minutes before going outside and re-apply liberally every 2-3 hours, more frequently if perspiring
- d. Drink plenty of water to avoid hydration

4 CHECK

- Check skin regularly for unusual moles / spots



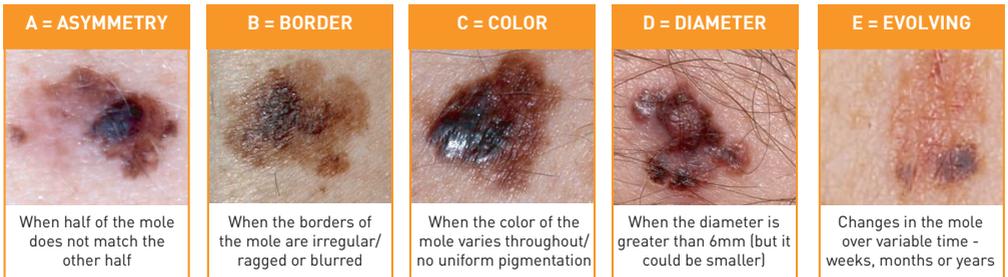
These are just a few of the employment sectors where sun protection is important:

- Construction workers
- Horticultural and forestry workers
- Public sector workers
- Agricultural workers
- Leisure sector workers
- Maritime sector
- Vehicle drivers

Early detection of skin cancer

Remember the ABCDE of Melanoma*

The ABCDE of melanoma rule (below) will help you to remember what to look out for - the example photographs show abnormal moles and melanomas, but remember yours may not look exactly like these, so if you notice any changes or unusual marks that have lasted more than a few weeks you must consult your doctor immediately. A melanoma can grow anywhere on your body so it is important to check your entire body regularly (once per month) for any changes or abnormalities.



Malignant melanoma is curable if treated early. Delay in diagnosis can result in the malignant melanoma spreading to other sites and organs within the body.

More detailed information on types of skin cancer and pre-cancerous skin lesions is available on the American Cancer Society website, www.cancer.org.

Seek Medical Advice

You should consult your doctor if you develop any of the following signs, as this may indicate a melanoma:

- Changing shape, particularly getting an irregular outline
- Changing color/getting darker, becoming patchy or multi-shaded
- An existing mole getting bigger or a new mole growing quickly
- A mole starts to itch or become painful
- A mole is bleeding, becoming crusty and/or looks inflamed

Remember...

If you have any doubt you should consult your doctor

Understanding sunscreen specifications

Sunscreens provide protection against UVA and UVB. Outdoor workers should be encouraged to use a good quality sunscreen:

Sun Protection Factor

Sunscreens are rated by the strength of their sun protection factor (SPF). The SPF number refers to the product's ability to screen or block out the sun's ultraviolet B (UVB) rays. Sunscreens are available with a SPF ranging from 2 to at least 100. Sunscreens with higher SPF ratings block slightly more UVB rays, but none offer 100% protection.

SPF 15 sunscreen blocks 93% of UVB rays.

SPF 30 and higher sunscreen blocks 97% of UVB rays.

SPF30 or higher is recommended by the FDA

UVA

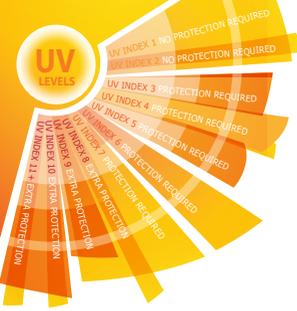
The Federal Drug Administration recommends a product with a minimum SPF of 30 to protect against the sun's ultraviolet B (UVB), or burning, rays. The product should also contain ingredients that protect against ultraviolet A (UVA) rays which penetrate more deeply into the skin and are responsible for premature aging and contribute to the development of skin cancer. Sunscreens that are labeled "broad-spectrum" help protect against both.

US Food and Drug Administration regulates the safety and quality of sunscreens in United States. Sunscreen products are classified as drugs and must meet US requirements.



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SUN PROTECTION AT WORK

WHY?

Skin Cancer is the most common form of Cancer in United States.
 There are **81,220** new cases of skin cancer diagnosed each year and **12,980** deaths per year in United States.

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FACT

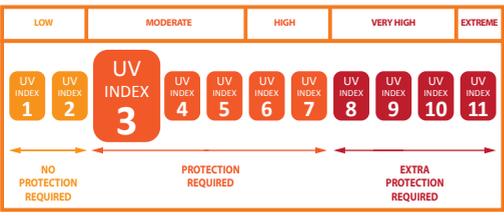
Outdoor workers have a higher than average risk of developing skin cancer.

WHEN?

Be UV Aware

Ultraviolet (UV) rays are invisible rays that come from the sun and when they reach the earth's surface they are strong enough to damage the skin.

The UV index tells you on a daily basis what the UV level is. You need to be protected as soon as the UV level reaches 3, not just when the sun is shining!



UV Rays:

- Are carcinogenic to humans
- Cannot be seen or felt
- Are not related to temperature
- Can pass through clouds
- Can pass through loosely woven material
- Can bounce off reflective surfaces, such as metal, concrete, water & snow

HOW?

Follow the 5 simple steps to protect yourself from sun damage:



on sun protective clothing

- One of the most effective barriers between skin and the sun can be clothing



on minimum of SPF 30 sunscreen

- Use sun protection as soon as the UV level reaches 3, not just when the sun is shining
- Apply minimum SPF30 sunscreen with broad spectrum UVA protection to all exposed areas including the face, neck (and arms), tops of/behind ears on both cloudy and sunny days
- Apply to clean, dry skin
- Apply 15 to 20 minutes before going outside and re-apply liberally every 2-3 hours, more frequently if perspiring



on a hat

- Where possible choose a broad brimmed hat with ear and neck protection



on some quality wrap around sunglasses



from the sun whenever possible

- Seek shade and work in a shaded areas wherever possible
- Sun protection is still required in the shade
- Take breaks in the shade



Don't forget to **CHECK**

- Check skin regularly for unusual spots / moles
- If you notice any changes in color, size or sensation that last more than a few weeks, seek medical advice