

## Tool Box Talk No.80

### Summer Working



Exposure to ultraviolet radiation from the sun can cause skin damage including sunburn, blistering, skin aging and skin cancer.

Skin cancer is the most common form of cancer in the UK, with over 40,000 new cases diagnosed every year.

1. A tan is NOT healthy – it is a sign that the sun has already damaged your skin.
2. Keep your top on; clothing forms a barrier to the sun's harmful rays – especially tight woven fabrics.
3. Stay in the shade whenever possible, during breaks and especially at lunchtime when the sun is at its hottest.
4. Drink plenty of water to avoid dehydration.
5. Check your skin regularly for any unusual moles or spots.
6. See a doctor promptly if you find anything that is changing in shape, size, colour, itching or bleeding.
7. People with pale skin are most at risk of skin damage, especially those with fair or red hair, lots of freckles or those with a family history of skin cancer.
8. When at work a t-shirt as a minimum must be worn under your HiVis vest, no bare chests.
9. Long trousers must be worn – no shorts or short trousers.

**“SAFE SYSTEM OF WORK, ALWAYS”**