

Toolbox Talk Details	
Title	B05 - Sun protection
Reason	You should know the simple steps to take to protect yourself from the sun. Outdoor workers can be overexposed to the sun's ultraviolet (UV) radiation and are therefore at greater risk of skin cancer than those who usually work indoors.
Outline	This talk covers the facts and statistics about skin cancer, who is at risk and how to protect yourself.
Facts and figures	
<ol style="list-style-type: none"> 1. Exposure to UV radiation is an occupational health hazard for anyone working outside. 2. UV radiation from the sun is a major cause of skin cancer. Cases have doubled in the last 20 years. Around 800 construction workers are diagnosed with skin cancer every year as a result of exposure to UV radiation. 3. Skin cancers are more common in women in the younger age groups. 4. Sunlight causes the skin to produce a dark pigment called melanin; this is a sign that the skin has been damaged. A suntan is perceived as 'healthy' but it may not be so. 5. Long-term sun exposure speeds up the skin's ageing process, making it become drier and more wrinkled. 	
Who has an increased risk of skin damage?	
<ol style="list-style-type: none"> 1. People with pale skin, fair hair, freckles or a large number of moles. The risk is less for people with dark hair and brown or black skin. However, prolonged sun exposure can be bad for all skin types, so do not be complacent. 2. People with a family history of skin cancer and those exposed to high levels of sunlight (such as outdoor workers). 	
Control measures	
<ol style="list-style-type: none"> 1. Take care not to burn; skin exposed to the sun can burn in as little as 10 minutes. 2. Cover up with loose clothing. Keep your clothing on so that you do not expose unprotected areas. 3. Wear a hat to shade your face and neck. 4. Seek shade during the hottest part of the day and take your breaks in the shade. 5. Frequently apply sunscreen of SPF 15+ to parts of the body exposed to the sun. 6. Apply sunscreen to areas of the body that are not easily protected by clothing. 	
Revision Date	
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Assessed By	
Michael Reddan	
Signature	
	