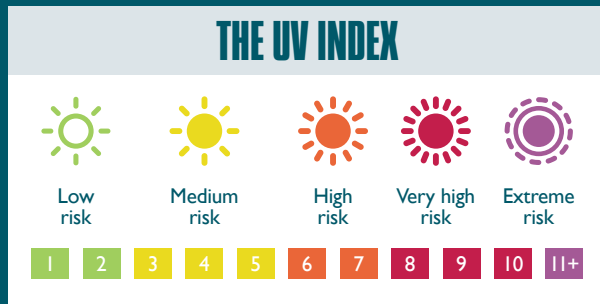


# KNOW THE UV INDEX

- Because UV damage builds up over time, outdoor workers should consider using sun protection all year-round.
- Plan ahead and check the UV (ultraviolet) index on your smartphone weather app.
- If the UV index is 3 or more be sure to follow the SunSmart 5 S's.



**OUTDOOR WORKERS ARE AT GREATER RISK OF SKIN CANCER.**  
GETTING PAINFUL SUNBURN INCREASES YOUR RISK.

<p><b>Protect your skin</b></p> <ul style="list-style-type: none"> <li> Keep your hat on</li> <li> Use the shade</li> <li> Wear sun glasses</li> <li> Use sun cream SPF 30 or higher</li> </ul>	<p><b>Spot cancer early</b></p> <ul style="list-style-type: none"> <li> Get any skin changes checked by your doctor</li> </ul>
-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------

**Irish Cancer Society**

## SUNSCREEN STATION

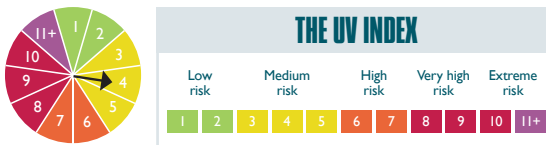
Outdoor work sites may find that a sunscreen station is useful to provide workers with access to a broad-spectrum sunscreen and information about daily UV levels. It may also require a mirror for easier application of sunscreen.



Be UV Aware - apply sunscreen and protect your skin.

- Make sure your skin is clean and dry before applying.
- Put on sunscreen on exposed areas not covered by clothes while avoiding eyes.
- Apply 20 minutes before going outside and re-apply regularly.

TODAY'S UV LEVEL IS:



## FURTHER INFORMATION

For further information can be found at:

[www.hsa.ie/sunprotection](http://www.hsa.ie/sunprotection)  
[www.hse.ie/sunsmart](http://www.hse.ie/sunsmart)



HSA.ie | BeSMART.ie | hsalearning.ie  
 ☎ 0818 289 389 ✉ [contactus@hsa.ie](mailto:contactus@hsa.ie)  
 f t v in

CONSTRUCTION SAFETY PARTNERSHIP ADVISORY COMMITTEE



# EMPLOYEE INFORMATION SHEET

## PROTECT YOUR SKIN WHEN WORKING OUTDOORS



This information sheet is written primarily for employees and safety representatives to raise awareness about the risk of skin cancer from sun exposure.

**TOP TIP**

Make sun protection part of your daily routine, especially from April to September, even when it is cloudy.





## WHO IS AT RISK?

People who work outdoors have a higher-than-average risk of skin cancer.

### DID YOU KNOW?

Skin cancer is the most common cancer in Ireland with 13,000 cases diagnosed annually.

## BE SUNSMART



You need to take measures to reduce the risk of exposure to direct sunlight when UV is strongest, typically between the hours of 11am and 3pm, especially from April-September. Follow the Healthy Ireland SunSmart 5 S's below.

## SUNSMART 5 S'S

1. Slip on clothing that covers your skin.
2. Slop on sunscreen SPF30 or higher. Apply 20 minutes before going outside and re-apply every two hours - more often if sweating.
3. Slap on a hard hat with a brim or use a neck flap.
4. Seek shade - plan your work outdoors to avoid peak UV sunrays (11am-3pm) and take breaks in the shade.
5. Slide on sunglasses.

## HIGHER RISK OF SKIN CANCER



If you work outdoors and:

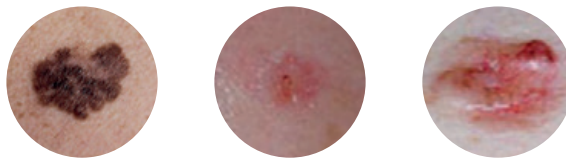
- Have pale or freckled skin that does not tan or burns before it tans.
- Have naturally red or fair hair.
- Have blue, green, or grey eyes.
- Have many moles (50 or more).
- Burn easily or have a history of sunburn.
- Have already had skin cancer or a close family member who had.

## KNOW YOUR SKIN

Get to know your skin, check it regularly and call your GP TODAY if you notice any of the following:

- A change in the size, shape or colour of a mole you already have.
- A mole that is often itchy or bleeding.
- A new mole that looks different to other moles that you have.
- A change to a normal patch on your skin, like a new dark spot.
- A dark coloured line or patch under your nail.

Examples of skin cancer types and what to look out for!



## EMPLOYER RESPONSIBILITIES



Your employer is required to provide a safe working environment. Employers should plan, manage and risk assess how their employees will work outdoors.

- Carry out a risk assessment and identify suitable controls for outdoor work (Go to BeSMART.ie)
- Inform employees about the dangers of sun exposure, and ensure measures are taken to protect the skin.
- Plan how, where and when work will be carried out.
- Ensure breaks are taken in the shade.
- Provide broad-spectrum sunscreen (UVA and UVB protection) with an SPF of at least 30+.

Remember a combination of the controls above may be required.

