PROTECT YOURSELF FROM THE SUN

Exposure to Ultraviolet (UV) radiation from the sun, can cause blistering, sunburn and in the long term can lead to skin cancer. Outdoor workers receive, on average, three to four times more UV exposure each year than indoor workers, which in turn puts outdoor workers at greater risk of non-melanoma skin cancers. People who are regularly sun burnt are also at increased risk of malignant melanoma, which is one of the most dangerous forms of cancer.

To reduce the health risk of working in the sun the following suggestions are advised:

- Encourage workers to keep covered up with a long sleeved shirt and a hat with a brim or flap, that protects the ears and neck. Tightly woven fabrics offer better protection.
- Consider scheduling work to minimise exposure such as reserving sheltered jobs for the middle of the day or rotate staff on different tasks to limit exposure to the midday sun.
- Encourage workers to use a sunscreen of at least SPF 15 and apply regularly.
- Encourage workers to take their breaks in the shade if possible.
- Encourage workers to drink plenty of water to avoid dehydration.

JULY’S MEMBERSHIP DRAW WINNER

Just introduce one or more new greenkeeping members to BIGGA and your name will be placed into a monthly draw to win a £10 Music Voucher. Our congratulations go to Duncan Gray of the Pines Golf Centre.

BIGGA welcomes...

SCOTTISH REGION
James Adamson, Central
Michael Baxter, West
Alan Brookes, Ayrshire
Richard Cuthbert, West
Josh Gibbitt, North
Paul Hunter, Central
Gary Lackie, East
Robbie Macbeth, Ayrshire
Clinton Mansell, West
Gerry Maxwell, West
Craig McCorrie, East
Derek McMullen, East

NORTHERN REGION
Mark Ambrose, Northern
Joe Barnes, North West
Shaw Embleton, North East
Aaron Perrins, North East
Gareth Potts, Northern
Craig Sears, North West
Gary Smith, North
Lee Surtees, Northern
John Taylor, North West
Joe Tidy, Northern
Mark Tyson, Shffield

MIDLAND REGION
Steven Bamford, East Midlands
Robert Bennett, East of England
Shawn Beddow, East Midlands
Alan Harper, Midland
Nigel Harris, Midland
Robert Hogan, BBBO
Andrew Nelson, East Midlands
Jamie Pack, East Midlands
Simon Pegg, East Midlands
Tristan Prior, East Midlands
Thomas Tucker, East of England
Mark Turnbull, Midland

SOUTH EAST REGION
Jack Ambrose, Kent
Daniel Freeman, East Anglia
Adrian Grace, Surrey
Tom Town, Kent

SOUTH WEST/SOUTH WALES REGION
Matthew Devlin, South West
Mark Gittings, South West
Brian Roswell, South Coast

INTERNATIONAL MEMBERS
Deryck Young, USA
Troy Young, USA

STUDENT MEMBERS
John Andrews, Ireland
Damien Daly, Ireland
Stephen Davies, Ireland
Ricci Erickson, Central Scotland
Mark Gerrard, Essex
James McKinley, Ireland
Hugh McNamara, Ireland
Greame Mutch, Sheffield
Kevin O'Sullivan, Ireland
Aidan O'Reilly, Ireland
Kieran Roche, Ireland
Senica Searles, Ireland

ASSOCIATE MEMBERS
Paul Albanese, Central Scotland
David Fowkes, East Midlands
Sam Langnick, Northern
Richard Podmore, North West
Ian Suffield, North East
Brian Williams, Central Scotland

CORPORATE MEMBERS
Joe Creweley, South Coast
Keith Page, Surrey
Neil Richards, South Wales
Jon Selwood, Essex

SILVER KEY MEMBER
Gary Goversen, West Scotland

DISCOUNTED SUNSCREEN

BIGGA members can take advantage of their ARCO discount and order Deb Deflect Sunscreen SPF30. Deb Deflect is an advanced waterproof cream formulation for professional use. It protects the skin against harmful UV-A (ageing) and UV-B (burning) rays and provides long lasting protection to those who are exposed to the sun for extended periods.

The 20% ARCO discount means that Deb Deflect can be obtained for the following prices:

<table>
<thead>
<tr>
<th>Description</th>
<th>ARCO Code</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>150 ml Tube</td>
<td>27D3400</td>
<td>£4.34</td>
</tr>
<tr>
<td>1 Litre Cartridge</td>
<td>27D3500</td>
<td>£17.40</td>
</tr>
<tr>
<td>1 Litre Dispenser</td>
<td>27D3600</td>
<td>£25.00</td>
</tr>
</tbody>
</table>

Order your sunscreen through your golf club account, or call 01482 611773 for further details.

SUMMER OFFER

To help you cover up this summer BIGGA have added two styles of cargo beanie hats to its merchandise range.

The Cargo Beanie is made from 100% cargo nylon and has an elasticated draw cord size adjuster with toggle. It also has a towelling sweatband and a mesh lining for extra comfort. This beanie is available in Navy with a Stone trim or Stone with a Navy Trim.

The Textured Pocket Beanie is made from 100% textured cotton and comes with a side pocket. One size fits most. This beanie is available in Stone or Navy.

Both hats are available for the special offer price of £5.99 (normal price £7.99), BIGGA logo hats are available for £7.99 (normal price £9.99).

Your club logo or any other wording can be stitched onto the hats. Ring Rachael Duffy for further details.

To order call Rachael Duffy on 01347 833800.