

Rachael and Gemma would like to welcome 66 new members to the Association and talk about sun exposure.

## 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.



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:

	ARCO Code	Price
150 ml Tube	27D3400	£4.34
1 Litre Cartridge	27D3500	£17.40
1 Litre Dispenser	27D3600	£2.50

All prices are exclusive of VAT

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

### 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 Brooke, Ayrshire  
Richard Cuthbert, West  
Josh Gilbert, North  
Paul Hunter, Central  
Gary Lackie, East  
Robbie Macbeth, Ayrshire  
Clinton Maxwell, West  
Gordy Maxwell, West  
Craig McCorrie, East  
Derek Mcleod, East

#### MIDLAND REGION

Steven Bamford, East Midland  
Robert Bemment, East of England  
Shaun Bodkin, East Midland  
Alan Harper, Midland  
Nigel Harris, Midland  
Robert Hogan, BB&O  
Andrew Nelson, East Midland  
Jamie Pack, East Midland  
Simon Pech, East Midland  
Terence Prior, East Midland  
Thomas Tasker, East of England  
Mark Turnbull, Midland

#### STUDENT MEMBERS

John Andrews, Ireland  
Damien Daly, Ireland  
Stephen Davies, Ireland  
Ricol Erickson, Central Scotland  
Mark Gemmill, Essex  
James McEvoy, Ireland  
Hugh McNamara, Ireland  
Graeme Mutch, Sheffield  
Kevin O Sullivan, Ireland  
Aidan Quirke, Ireland  
Kieran Roche, Ireland  
Senica Searles, Ireland

#### NORTHERN REGION

Mark Ambrose, Northern  
Joe Barnes, North West  
Shaun Embleton, North East  
Aaron Perrin, North East  
Gareth Potts, Northern  
Craig Sears, North West  
Gary Smith, Northern  
Lee Surtees, Northern  
John Taylor, North West  
Joe Tiplady, Northern  
Mark Tyson, Sheffield

#### 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 Toswill, South Coast

#### INTERNATIONAL MEMBERS

Danny Young, USA  
Trey Young, USA

#### ASSOCIATE MEMBERS

Paul Albanese, Central Scotland  
David Fowkes, East Midland  
Sam Langrick, Northern  
Richard Podmore, North West  
Ian Suffield, North East  
Brian Williams, Central Scotland

#### CORPORATE MEMBERS

Joe Crawley, South Coast  
Keith Page, Surrey  
Ceri Richards, South Wales  
Jon Selwood, Essex

#### SILVER KEY MEMBER

Gerry Gorevan, West Scotland

### 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.