

## Close, but not quite the part!



Leeds-based Laurel and Hardy lookalikes, Jem and Graeme.

### Only genuine Toro bearings and belts will give the performance you've come to expect.

Many lookalike bearings and belts fail to meet Toro standards for form, fit and function.

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It's how we carefully specify and select our bearings and belts - with quality materials and advanced technology - that makes them superior to lookalike parts.

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Afterall, you didn't compromise when you chose your Toro. So give it the care it deserves.

And remember, no one can look after your Toro better than your local, specialist Toro dealer or service centre. So contact yours today.



For your copy of the new Toro Performance Parts Catalogue, call 01480 226845 now.

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Count on it.

## SKIN AT WORK: OUTDOOR WORKERS AND SUN EXPOSURE

BIGGA'S Health & Safety series produced by Xact



As we approach the late spring and early summer months, consideration should be given to the effects of sunshine on the skin of people who spend an appreciable period of their working time outdoors during the day, or during leisure time spent outside e.g. gardening, playing or watching sports, holidays etc. As well as tanning the skin, ultra violet radiation in sunshine can also cause skin cancer which is one of the most common cancers in the UK. In recent years UK summers have been getting warmer with greater amounts of sunshine giving a corresponding higher risk from the disease. Diagnosis of the disease is rising each year. However, up to 80% of cases could be avoided with some simple precautions. The highest risk is when skin is exposed to direct sunlight but damage can occur even when it is overcast.

On average, people who work outdoors receive three to four times more UV exposure each year than people who work indoors. This cumulative exposure puts outdoor workers at greater risk of non-melanoma skin cancers, which are the most common forms of skin cancer in the UK. People who get sunburnt e.g. at work, while on holiday, gardening etc, also increase their risk of malignant melanoma, the most dangerous form of skin cancer. Those most at risk of skin cancer are people with fair skin, lots of freckles or moles or a family history of the disease.

**Employers and other persons exposed to the sun should, whenever possible:**

- Avoid unnecessary sun exposure at times between 11am - 3pm - this is the time of day when UV radiation is at its peak in the UK
- Plan outdoor tasks so that they can be done earlier in the morning

or later in the afternoon, reserving indoor or sheltered jobs for peak UV radiation times in the middle of the day

- Limit each employee's midday UV exposure where possible by rotating tasks with other staff
- Provide shade for workers to use, especially during breaks. If this is not feasible, encourage workers to find shade where it is safe to do so
- Encourage people to cover up
- Provide hats or appropriate headgear for workers to wear. Hats should ideally shade the face, neck, ears and head
- If hardhats are worn, consider providing extension flaps to protect the neck
- If your organisation has a uniform, this could include a hat, as well as shirt and long trousers
- Consider providing/using sunscreen
- If practical, SPF 15+ sunscreen should be available for outdoor workers to use
- Keep it in easily accessible places, such as tearooms, toilets or site offices
- Ensure you give guidance that for maximum benefit, sunscreen needs to be applied generously before being exposed to the sun and reapplied often
- Keep their workers informed
- Include sun protection advice in any routine health & safety training
- Encourage workers to check their skin regularly for unusual spots or moles that change size, shape or colour and to consult their GP promptly if they find anything that gives them concern - Early detection saves lives!