

## HUMAN RESOURCES

BIGGA's Management Support series produced by Xact  
www.xact.uk.com



### SKIN AT WORK: OUTDOOR WORKERS AND SUN EXPOSURE

As we approach the late spring and early summer months consideration should be given to the effects of sunshine on the skin. As well as tanning the skin, ultra violet radiation in sunshine can also cause skin cancer which is the most common and fastest rising cancer in the UK.

People who spend an appreciable period of their working time outdoors during the day or during leisure time spent outside, increase their risk of contracting skin cancer from the increased exposure. UK summers in recent years 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 melanoma and non-melanoma skin cancers, which are the most common forms of cancer in the UK. People who get sunburnt increase their risk of malignant melanoma, the most dangerous form of skin cancer.

Those most at risk are people with fair skin, lots of freckles or moles or a family history of the disease. Other contributory risk factors are other sources of UV e.g. sunbeds and sunburn in childhood.

Employers of persons exposed to the sun should, whenever possible:

- Avoid unnecessary sun exposure between 11am-3pm.
- Plan outdoor tasks so they can be done earlier in the morning or later in the afternoon, reserving indoor or sheltered jobs for peak UV radiation times.
- Limit each employee's midday UV exposure where possible by rotating tasks with other staff.
- Provide shade for workers to use, especially during breaks.
- 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 20+ sunscreen
- Ensure you give guidance that for maximum benefit, sunscreen needs to be applied generously approximately 20mins before being exposed to the sun and reapplied often.
- Include sun protection advice in any routine health & safety training.
- Encourage workers to check their skin at regular intervals (monthly) for unusual spots or moles that change size, shape or colour. A mirror or a partner can check the areas that are difficult to see.

Consult your GP promptly if you find anything that gives you concern – Early detection saves lives!

# Trilo for turfcare



Trilo have a range of quality high specification groundcare equipment which offers the complete solution for scarifying, mowing, spreading and blowing. Built to an extremely high standard, the wide choice of models and numerous options available ensures you can trust Trilo to make your job easier and more efficient. With 35 years' experience and a range of quality machinery, it's easy to see why Trilo is the world-leader in vacuum sweepers.



SG700



SDR65



PRO-FLEX



TDR15

HIRE, SALES, PARTS & SERVICE

**Trilo UK Ltd**

Wadebridge Farm, Landwade, Exning, Newmarket, Suffolk CB8 7NE  
Tel: (01638) 720123 sales@trilo.co.uk www.trilo.co.uk

Call us today for a demo

