

WARNING:
SUNBURN CAN
DOUBLE YOUR RISK
OF SKIN CANCER

Be Sun Smart & Skin Safe



CWU Skin Safe factsheet for outdoor workers

- Every year 2,000 people in the UK die from skin cancer.
- Skin cancer is the second most common cancer in the UK.
- The number of new skin cancer cases increases every year and has doubled in the past 20 years
- The cause of skin cancer is nearly always over exposure to ultraviolet radiation from the sun or a sunbed.
- There is nothing healthy about a suntan. Your skin darkens because it has been damaged
- You can still get sunburnt through light cloud
- Most cases of skin cancer could be easily prevented
- Sunburn causes permanent damage, the visible burns may heal but it increases your risk of skin cancer in later years

CWU

The communications union

PROTECT YOURSELF WITH THE 'SUN SMART' SAFETY CODE

- 1. Cover up with loose** cool clothing to keep the sun off your skin. Wear a hat, preferably with a wide brim and sunglasses
- 2. Seek shade** whenever possible, during your breaks, especially during the hottest part of the day, from 11am to 3pm
- 3. Use a sunscreen SPF 30** or higher on any exposed skin. Use it half an hour before going outside and reapply it frequently
- 4. Drink plenty of water** regularly, to avoid dehydration. It should be drunk before you get to the stage of feeling thirsty.
- 5. Be 'Skin Safe'** early treatment is important. Report mole changes (size, shape, colour, itching or bleeding) to your doctor

FACT: Brown or black skinned people rarely get skin cancer, however they should still take care

FACT: The sun also causes thickening of the skin leading to premature ageing and wrinkles

FACT: Too much sun can cause heat exhaustion and sun stroke – both need urgent treatment

Enjoy the sun but beware:

skin cancer kills – 70,000 new cases are reported every year in the UK and 2,000 people die every year in the UK.