



**SUBJECT:** You are my sunshine, my only sunshine

**RECIPIENTS:** All Council Directorates

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## Keep your top on!

### Sun Protection

Exposure to ultraviolet (UV) radiation from the sun can cause skin damage including sunburn, blistering, skin ageing and in the long term can lead to skin cancer.

### Who is at risk?

- People with pale skin are most at risk of skin damage, especially those with fair or red hair, with a lot of freckles or with a family history of skin cancer.
- People with ALL skin colours can suffer from skin damage caused by the sun and from overheating and dehydration.

### The Sun Protection 6 Point Code

1. Keep your top on. Clothing forms a barrier to the sun's harmful rays – especially tightly woven fabrics.
2. As Sir Tom Jones sings "You can leave your hat on" wear a hat with a brim or a flap that covers ears and neck
3. Stay in the shade whenever possible, during your breaks and especially at lunchtime.
4. Use high factor sunscreens minimum SPF15, but SPF 30 is better, on exposed skin. Apply as product label directs.
5. Drink plenty of water to avoid dehydration.
6. Check skin regularly for unusual moles or spots. If you find anything that is changing in shape, size or colour, itching or bleeding, see a doctor ASAP.

For further information on skin protection please click [here](#).

If you require further assistance or clarification on the subject please contact: Corporate Health & Safety Advisers (see George section: Corporate > Information for Working > Risk Management > H&S Advisers)