



SUBJECT: Stay Sun Safe

RECIPIENTS: All Council Services (including schools)

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Worldwide, non-melanoma skin cancer is the most frequently-diagnosed cancer, with an estimated 2-3 million cases registered every year. As the hotter weather arrives, we should remember to protect ourselves from the harmful ultraviolet radiation of the sun when outdoors.



Whether at work, exercising, or play, especially as Covid-19 restrictions regarding being outside are relaxed over the coming months, below are some simple steps you can take to reduce the harmful effects of exposure to the sun:

- Avoid or minimise exposure to direct sunlight in the middle part of the day – 60 per cent of daily UV radiation occurs between 10:00 and 14:00.
- If working outside, regularly swap job tasks between workers to make sure everyone on the team can spend some time in the shade.
- Wear long-sleeved, loose-fitting, light-coloured tops and trousers when working outdoors during months with high UV levels – you'll need to check the ultraviolet protection factor (UPF) rating and make sure the design of the clothing fits the job and doesn't introduce other hazards. (Loose clothing could be an entanglement hazard, for example.)
- Wear wide-brimmed hats that shade the face, head, ears and neck or, if safety helmets are worn, use those fitted with Legionnaire-style neck flaps
- Use high-factor sunscreen on skin that can't be protected by other measures, for example, on the hands, face and lips. Sunscreen should be applied half an hour before exposure and reapplied at least every couple of hours. Sun protection factor (SPF) of at least 15 (and ideally 30+) and a UVA rating of four or five stars are recommended.
- When working outside, make sure rest breaks are taken in shaded areas or indoors.
- Check your skin for changes to moles or other changes. Detecting the early signs of skin cancer and undergoing early treatment can save lives.

Lincolnshire County Council has further advice and guidance regarding skin care, which can be found [here](#).

If you require further assistance or clarification on the subject, please contact the Corporate Health & Safety Team at corporatehealth&safety@lincolnshire.gov.uk.