BE UV AWARE
PROTECT YOUR OUTDOOR WORKERS
WHAT IS UV?

ULTRAVIOLET (UV) RAYS COME FROM THE SUN AND WHEN THEY REACH THE EARTH’S SURFACE THEY ARE STRONG ENOUGH TO DAMAGE THE SKIN.

THERE ARE 3 TYPES OF ULTRAVIOLET (UV) RAYS: UVA, UVB AND UVC.

**UVA** rays contribute to skin burning, skin cancer and wrinkling / premature aging. They have a longer wavelength which means they penetrate deeper into the dermis or the base layer of the skin.

**UVB** rays are burning rays and the primary cause of sunburns and contribute to skin cancer. UVB rays have a short wavelength that reaches and burns the outer layer of your skin called the epidermis.

**UVC** radiation is blocked by the ozone layer while UVA and UVB both reach the earth’s surface and penetrate our skin. UVC rays are created artificially during certain industrial processes such as welding.

WHEN IS PROTECTION REQUIRED?

Adopted by the World Health Organization, the UV Index tells you on a daily basis what the UV levels are and when sun protection measures are required.

Outdoor workers need to be protected as soon as the UV index reaches 3, not just when the sun is shining.

TO FIND OUT THE DAILY UV LEVEL VISIT HTTPS://WWW.EPA.GOV/SUNSAFETY

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**DID YOU KNOW UV RAYS...**

- 100% of UVA rays pass through clouds. Sun protection is essential, even on very cloudy days.
- Are carcinogenic (Cancerous) to humans
- Are not related to temperature
- Can pass through loosely woven material
- Cannot be seen or felt
- Can pass through clouds
- Bounce off reflective surfaces such as metal, concrete, water & snow
WHY IS UV EXPOSURE DANGEROUS?

SKIN CANCER IS THE MOST COMMON CANCER IN THE WORLD

TOO MUCH EXPOSURE TO ULTRAVIOLET (UV) RADIATION FROM THE SUN CAUSES SUNBURN, SKIN DAMAGE AND INCREASES THE RISK OF SKIN CANCER.

EARLY DETECTION OF SKIN CANCER

Skin cancer can be divided into two main groups: non melanoma skin cancer and malignant melanoma.

Malignant melanoma is the rarest form of skin cancer but is the most serious and can kill. Malignant melanoma is curable if treated early. Delay in diagnosis can result in it spreading to other sites and organs within the body.

The ABCDE of melanoma rule (below) will help you and your workforce to remember what to look out for - the example photographs show abnormal moles and melanomas, but remember yours may not look exactly like these, so if you notice any changes or unusual marks that have lasted more than a few weeks you must consult your doctor immediately. A melanoma can grow anywhere on your body so it is important to check your entire body regularly (once per month) for any changes or abnormalities.

A = ASYMMETRY
When half the mole does not match the other half

B = BORDER
When the borders of mole are irregular/ragged or blurred

C = COLOR
When the color of the mole varies throughout/no uniform pigmentation

D = DIAMETER
When the diameter is greater than 6mm (but it could be smaller)

E = EVOLVING
Changes in the mole over variable time - weeks, months or years

REMEMBER... If you have any doubt you should consult your doctor.
THE FACTS

DID YOU KNOW...?

- More than 8,500 people are diagnosed with skin cancer every day in the U.S.
- Estimated that over 140,000 cases of melanoma, the deadliest form of the disease will be diagnosed in the U.S. this year.
- Melanoma rates in the United States have doubled from 1982 to 2011.
- Damage is permanent and irreversible and increases with each exposure.
- All skin types can be damaged by exposure to solar UVR.
- Sunburn is a reaction to UV radiation and is a clear sign that you have seriously damaged your skin.
- Average annual treatment cost of skin cancer in the United States is $8.1 billion.

THREE MILLION
CAUSES OF SKIN CANCER COULD BE PREVENTED

CONSTRUCTION WORKERS ON AVERAGE SPEND 8 HOURS PER DAY OUTSIDE

Source: American Academy of Dermatology
The Occupational Safety and Health Act of 1970 makes it clear that there is a legal duty on every employer to ensure, as far as reasonably practical, the health of their employees.

It is also important the employer provide information, instruction, training and supervision to ensure the safety of employees faced with heat-related hazards.

The Management of Health and Work Regulations also require the employer to conduct a suitable risk assessment of the risks to the health of their workforce. That includes the risks from UV radiation.

Source: TUC Guidance for safety representatives.
WHO’S AT RISK?

OUTDOOR WORKERS HAVE A HIGHER THAN AVERAGE RISK OF DEVELOPING SKIN CANCER.

Long-term exposure to the sun causes skin damage and every episode of sunburn increases the risk of getting skin cancer.

More than 8,500 Americans are diagnosed with skin cancer every day.

That’s 355 people per hour.

Source: American Academy of Dermatology.
WHO’S AT RISK?

DON’T FORGET!

VEHICLE DRIVERS
A PERSON SITTING IN A VEHICLE CAN STILL RECEIVE SIGNIFICANT EXPOSURE TO SOLAR UVR. THERE ARE MANY DIFFERENT TYPES OF GLASS; EACH PROVIDES VERY DIFFERENT LEVELS OF SUN PROTECTION. THEREFORE DRIVERS AND PILOTS MAY ALSO BE AT RISK, AS GLASS IS NOT COMPLETELY SUNPROOF.

MOST GLASS USED FOR WINDOWS BLOCKS UVB BUT NOT UVA RAYS.
It is therefore recommended that people who spend long periods of time in a vehicle when UV levels are 3 and above use sun protection. This will help protect occupants both in the vehicle and when they leave it.

WELDERS
Ultraviolet Welding arcs and flames emit intense visible, ultraviolet, and infrared radiation.

UV RADIATION IN A WELDING ARC WILL BURN UNPROTECTED SKIN JUST LIKE UV RADIATION IN SUNLIGHT. THIS IS TRUE FOR DIRECT EXPOSURE TO UV RADIATION AS WELL AS RADIATION THAT IS REFLECTED FROM METAL SURFACES, WALLS, AND CEILINGS. (Source: CCOHS)
Therefore UV protection cream should be applied to unprotected areas such as the face, tops of/ behind ears and the neck.
SUN PROTECTION CREAM

**HOW IT WORKS:**

**UVA**
UVA protection is often represented as a separate label on sun cream packaging.

**UVB - Sun Protection Factor (SPF)**
The Sun Protection Factor relates to the sun burn protection factor, as it primarily shows the level of protection against UVB. For outdoor working a minimum SPF of 30 is recommended.

**UVC protection**
During certain industrial processes, such as welding, UVC rays can be produced. The UVC rating explains the level of protection the cream provides against these rays.

**Stokoderm® Sun Protect 30 PURE**

- Broad spectrum SPF 30 sunscreen for professional use
- Provides protection against UVA and UVB rays
- Protection against UVC rays created during some industrial processes, e.g. welding
- Perfume-free, dye-free & water-resistant

**UV Skin Protection Cream**

UVA | UVB | UVC
THE DEB UV RANGE

Stokoderm® Sun Protect 30 PURE 100ML

Code: SUN100ML
Case Qty: 12

- Ideal for workers on the move
- Handy 100ml tube

Stokoderm® Sun Protect 30 PURE 1L Cartridge

Code: SUN1L
Case Qty: 6

- 1000 shots per cartridge
- Hygienic, sealed cartridge to prevent ingress of air

UV Protect 1L Dispenser

Code: SUN1LDS
Case Qty: 15

- Use with Deb Sun Protect 1L cartridges

UV Skin Safety Center

Code: SSCSUN1
Case Qty: Each

- Key facts about skin cancer
- UV index display
- 1L UV dispenser & mirror

Outdoors workers have a higher risk of developing skin cancer.

Today’s UV level is: 3

1-2 Low Level
3-5 Medium High
6-7 Very High
8-10 Extremely High
11+ Extremely High

Apply 15 to 20 minutes before going outside and re-apply every 2-3 hours.

Apply to all exposed areas on both cloudy and sunny days.

Use with minimum SPF30 suncream.

Apply protective clothing.

Apply a broad brimmed hat.

Apply sunglasses.

Avoid the sun when possible.

Wipe clean with damp cloth only.

To find out today’s UV level visit: www.metoffice.gov.uk

www.debgroup.com
PRACTICAL GUIDANCE

WHEN YOUR TEAMS HAVE TO WORK OUTSIDE:

1. Undertake a risk assessment on all your outdoor workers and vehicle drivers.
2. Include sun protection advice during induction training and at routine health and safety training sessions. Use Deb’s Toolbox talk presentation.
3. Promote the UV index and inform your employees they must wear sun protection when the UV level is 3 or above. View today’s UV level at https://www.epa.gov/sunsafety/uv-index-1 and display the UV board at the start of each day on Deb’s UV board.
4. Encourage workers to keep covered up. Clothing can be one of the most effective barriers. Contact your PPE supplier.
5. Remind workers to use sunscreen on all unprotected areas of the body. 15-20 minutes before going outside, apply factor 30+ sunscreen with broad spectrum UVA protection to all exposed areas (face, tops of/behind ears and arms). Reapply every 2-3 hours, more frequently if perspiring.
6. Where possible choose a broad brimmed hat with ear and neck protection. Contact your PPE supplier.
7. Slide on quality wrap-around sunglasses. Contact your PPE supplier.
8. Encourage workers to take breaks in the shade and work in a shaded area wherever possible, but remind them that they still need to be protected in the shade.
9. Ensure fresh drinking water is readily available and encourage workers to drink regularly to avoid dehydration.
10. Encourage workers to check their skin regularly and to seek medical advice if they find any unusual moles, spots or other changes to the skin. If they notice any changes in color, size or sensation that last more than a few weeks seek medical advice.

SLIP
ON SUN PROTECTIVE CLOTHING

SLIDE
ON SOME SUNGLASSES

SHADE
FROM THE SUN WHEN POSSIBLE

SLAP
ON A BROAD BRIMMED HAT

SLIP ON MINIMUM SPF30 SUNSCREEN
MAKE YOUR WORKERS UV AWARE

Deb is dedicated to raising awareness of the risks associated with prolonged UV exposure to those who spend a significant amount of time outside as part of their job.

Very few are UV aware when they are on the job. Skin cancer is the most common form of cancer in the U.S. and steps have to be taken to ensure that workers are aware of just how severe the risk is, and what steps they can take to protect themselves and others.

Deb offers a range of resources, including awareness posters, brochures and toolbox presentations to organizations to provide education on the importance of sun safety. Partner with Deb today to learn about how you can make your workers UV aware.

SUPPORT MATERIAL

FOR YOU:

- Outdoor workers’ guide for managers
- Awareness posters
- Toolbox presentation
- Dispenser surround

For more information or to request our UV awareness literature visit info.debgroup.com/sun-download-us