



Safety and Health Services



OCCUPATIONAL HEALTH SERVICE

Workplace Health in the Sun



bristol.ac.uk/safety/health

Sun Check? Skin Check.

Too much ultraviolet (UV) radiation from the sun is the main cause of skin cancer.

In the UK each year, there are almost 1,500 cases of non-melanoma skin cancer caused by exposure to UV radiation from the sun at work and around 240 cases of malignant melanoma.

Get comfortable in your own skin

How does your skin normally look?

It's time to get up close and personal with your skin! Grab a mirror and observe your back and neck. Skin check regularly.

If you notice any unusual or persistent changes to your skin it is best to get it checked out with your GP.

Most concerns will not be cancerous, but if it is skin cancer, earlier diagnosis could save your life.

Skin check:

- Changes in the size, shape or colour of an existing mole or patch of skin?
- A new growth or sore that doesn't heal?
- A spot, mole or sore that hurts or is itchy?
- A mole or growth that bleeds, crusts or scabs?

Melanoma

Melanoma skin cancers are least common but potentially the most serious. They can occur on any part of the body.

The A, B, C (and D) can help you detect it early.

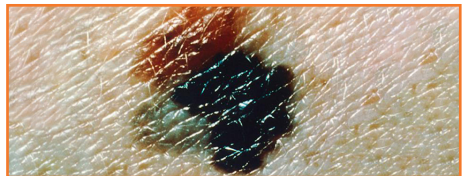
Asymmetry Two halves of a mole look different



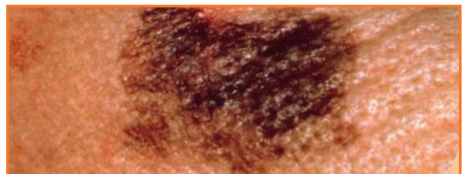
Border The edges of the mole are blurred, jagged or not regular



Colour The colour of the mole is not even, with more than one shade of colour



Diameter The mole is wider than 6mm (the size of a rubber on top of a pencil)



Non-melanoma

Non-melanoma skin cancers are much more common, and most can be cured. They usually occur on areas of skin that are exposed to the sun, such as the face, ears, hands, shoulders, upper chest and back.



Stay sun savvy

Even if your outdoor work is seasonal or your fieldwork is limited to set dates, you could be at higher risk. Getting painful sunburn once every two years triples the risk of melanoma.

Check out what the HSE recommends for outdoor workers on their website:

hse.gov.uk/skin/sunprotect.htm

Visit bristol.ac.uk/safety/health for PDF copies of this flyer to download for your team, and additional signposting to current research and case studies, including what the HSE recommends for outdoor workers.

When to get medical advice

See a GP if you have any skin abnormality, such as a lump, ulcer, lesion or skin discolouration that has not healed after 4 weeks.

While it's unlikely to be skin cancer, it's best to get it checked.

Sun Check



Check the
UV strength



Check your
skin type



Check your
skin is covered



Check you've
applied sunscreen



Check your
skin for changes

Although skin cancer is the most common cancer in the world, it is preventable.

90% of skin cancer deaths could be prevented by controlling exposure to UV.

How to contact us:

Occupational Health Service
1-9 Old Park Hill
Bristol, BS2 8BB
(0117) 33 17655

Email:

Staff: bristol-occhealth@bristol.ac.uk
Students: student-occhealth@bristol.ac.uk



University of
BRISTOL

Safety and Health Services