

## Worldwide

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

Small text: Skin cancer is the most common cancer in the world, but it's preventable.

It's one of the most common cancers for young adults

## Do you work outside regularly?

The Institute of Occupational Safety and Health estimates that outdoor workers can be exposed to over **80%** more **UV radiation** than indoor workers.

Anyone working outside in the sun can be affected, even if that's not your full-time work environment. You're more likely to be at risk if your job involves:



Fieldwork



Groundworks



Veterinary work

According to the Royal Geographical Society, nearly **1/3** of injuries reported on expeditions resulted from extreme environmental conditions. Of these, **13%** were related to UV exposure, such as sunburn and snowblind injuries.

## Weather

**UP TO 80%**

of dangerous **UV rays** get through a cloudy sky.

Your skin can be damaged through clouds.



**Temperature** isn't connected to the intensity of the sun's rays.

UV exposure varies according to the time of day, season, altitude and location.



Some UK studies suggest **solar radiation levels are getting higher.**

The UK climate can cause skin cancer, and it's rising faster here than anywhere else in Europe.

Skin cancer kills more **men** than women.



**5 people** get work-related skin cancer every day in the UK.

**9/10** skin cancer deaths could be prevented by controlling exposure to UV.



## Stay sun savvy



Even if your outdoor work or fieldwork is seasonal, you're at risk. Getting painful sunburn just once every two years triples the risk of melanoma, the deadliest form of skin cancer.

**1,700** people are diagnosed with skin cancer caused by sun exposure at work in the UK every year, but it's not all bad news: Skin cancer is preventable.

Know the risks and how to protect yourself:

- Check** the UV strength
- Check** your skin type
- Check** your skin is covered
- Check** you've applied sunscreen
- Check** your skin for changes

## Before you go outdoors, check.

**Check the UV strength** and stay in the shade when UV is strongest.

**Check your skin type** to know whether you are at the greatest risk. Some genetic skin types are more susceptible to developing skin cancer than others.

**Check your skin is covered** with long, loose clothing and consider purchasing specialist workwear. Protect your head, ears and neck with a hat and wear sunglasses or goggles with a UV filter.

**Check you've applied sunscreen** with a high factor on any exposed skin

and reapply frequently. Make sure your sunscreen is in date.

**Check your skin** for changes and see a doctor promptly if you notice skin changes. Sun exposure is the main cause of skin cancer, linked to 65% of malignant melanoma and 99% of non-melanoma skin cancer. If you've had one non-melanoma skin cancer, you're 9 times more likely to get another. Skin cancer kills 60 workers in the UK each year. It's the most common cancer in the world, but it's also the most easily preventable.