Skin cancer cases are rising faster in the UK than anywhere else in Europe
Solar radiation

Working together to beat occupational cancer
Key learning points

- What is solar radiation?
- Exposure to solar radiation
- How to prevent solar radiation
Up to 80 per cent of UV rays can penetrate clouds
Sun exposure can give you cancer

**BEFORE TREATMENT**

Non-melanoma skin cancer

**AFTER TREATMENT**

People diagnosed with an NMSC are nine times more likely to get it
What is solar radiation?

Solar radiation is the radiant energy emitted by the sun. There are three types:

• the ultraviolet (UV) radiation that produces tanned skin
• the sunlight you see
• the infrared radiation you feel as heat
Sun exposure

- Sun exposure is the main cause of skin cancer
- Worldwide, skin cancer is the most common cancer
- The simple fact that skin has changed colour after being exposed to the sun shows that it’s being damaged
- Sunburn is a reaction to over-exposure of UV radiation
Game: stay safe in the sun
Stay safe in the sun

Here is the correct order of priority that you should follow to protect yourself from the sun:

1. **Cover Up**
2. **Protect Your Head**
3. **Seek Shade**
4. **Use Sunscreen**
5. **Be Skin Safe**
6. **Drink Water**
The UK climate

- Part of the problem in the UK is that sun safety isn’t always taken seriously
- People assume the climate isn’t sunny enough or hot enough
- Some UK studies suggest that solar radiation levels are getting steadily higher year-on-year
- Non-melanoma skin cancer is thought to be rising faster in the UK than the rest of Europe
Know your skin

Checking for signs of skin cancer is as easy as A, B, C (D)

A – ASYMMETRY
two halves of a mole look different

B – BORDER
the edges of the mole are blurred, jagged or not regular

C – COLOUR
the colour of the mole isn’t even, with more than one shade of colour

D – DIAMETER
the mole is wider than 6mm (the size of a rubber on top of a pencil)
Have you...

- Found a new mole?
- Spotted any changes to the size, shape or colour of an existing mole or patch of skin?
- Noticed a new growth or sore that doesn’t heal?
- Found a spot, mole or sore that hurts or is itchy?
- Seen a mole or growth that bleeds, crusts or scabs?

Don’t delay – get it checked by your GP
The UV index

- Levels of UV radiation vary across the country on any given day
- When the UV index reaches 3 or above you should take action
- Check the UV levels daily

<table>
<thead>
<tr>
<th>UV INDEX</th>
<th>LOW (1,2)</th>
<th>MODERATE (3,4,5)</th>
<th>HIGH (6,7)</th>
<th>VERY HIGH (8,9,10)</th>
<th>EXTREME (11+)</th>
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What skin type are you?

**I: Ivory**
- **Characteristics**: Pale skin, light or red hair, prone to freckles. Burns very easily and rarely tans.
- **Sun protection**: At the greatest risk of developing skin cancer. Needs to protect skin, preferably with clothing.

**II: Beige**
- **Characteristics**: Fair skin, likely to have light hair, blue or brown eyes. Some have dark hair but still have a fair skin. Usually burns but may gradually tan.
- **Sun protection**: At the greatest risk of developing skin cancer. Needs to protect skin, preferably with clothing.

**III: Light Brown**
- **Characteristics**: Light olive skin with dark hair and brown or green eyes. Burns with long exposure to the sun but generally tans quite easily.
- **Sun protection**: Should protect themselves in strong sunshine.

**IV: Medium Brown**
- **Characteristics**: Brown eyes and dark hair. Burns with very lengthy exposures but always tans easily.
- **Sun protection**: Should protect themselves in strong sunshine.

**V: Dark Brown**
- **Characteristics**: Naturally brown skin, brown eyes and dark hair. Burns only with excessive exposure to the sun. Skin easily darkens further.
- **Sun protection**: Protect themselves when outdoors in the sun for a long time.

**VI: Very Dark Brown**
- **Characteristics**: Black skin with dark brown eyes and black hair. Burns only with extreme exposure to the sun. Skin very easily darkens further.
- **Sun protection**: Protect themselves when outdoors in the sun for a long time.

The Fitzpatrick skin type scale
Without protection from the sun, UV radiation starts to penetrate deep into the layers of the skin and damages skin cells, which can lead to the cell mutations associated with cancer.
Worldwide, skin cancer is the most common cancer. Non-melanoma skin cancer accounts for about 30 per cent of all newly-diagnosed cancers.
People who could be at risk

Here are a few of the people who may come into contact with solar radiation

- construction workers
- engineers
- farmworkers and other rural workers
- police officers
- decorators
- postal workers
- rail or road workers
- refuse and recycling collectors
- sports persons
- traffic and parking workers
The facts

- 90 per cent of skin cancer deaths could be prevented if exposure to UV is controlled
- Getting sunburned just once every two years can triple the risk of melanoma
- Five workers a day in the UK are diagnosed with skin cancer
- 1,700 new cancer cases are registered each year
What can I do?

Skin cancer is an avoidable disease. Taking simple measures can prevent skin cancer.

- Check the UV index daily
- Take measures if the UV index is at 3 or above
- Avoid or minimise exposure between 10.00 and 15.00
- Cover up and wear long-sleeved, loose-fitting clothes
- Use heavy-duty cover or shade
- Use sunscreen
- If working outdoors, rotate job roles
No time to lose

- What have you learned today that has had the biggest impact on you?
- What will you do differently from now on?
To find out more, and get free resources visit [www.notimetolose.org.uk](http://www.notimetolose.org.uk)