

**WARNING:**  
SUNBURN CAN  
DOUBLE YOUR RISK  
OF SKIN CANCER

## Be Sun Smart & Skin Safe



*CWU Skin Safe factsheet for outdoor workers*

- Every year 2,000 people in the UK die from skin cancer.
- Skin cancer is the second most common cancer in the UK.
- The number of new skin cancer cases increases every year and has doubled in the past 20 years
- The cause of skin cancer is nearly always over exposure to ultraviolet radiation from the sun or a sunbed.
- There is nothing healthy about a suntan. Your skin darkens because it has been damaged
- You can still get sunburnt through light cloud
- Most cases of skin cancer could be easily prevented
- Sunburn causes permanent damage, the visible burns may heal but it increases your risk of skin cancer in later years

**CWU**

*The communications union*

# PROTECT YOURSELF WITH THE 'SUN SMART' SAFETY CODE

- 1. Cover up with loose** cool clothing to keep the sun off your skin. Wear a hat, preferably with a wide brim and sunglasses
- 2. Seek shade** whenever possible, during your breaks, especially during the hottest part of the day, from 11am to 3pm
- 3. Use a sunscreen SPF 30** or higher on any exposed skin. Use it half an hour before going outside and reapply it frequently
- 4. Drink plenty of water** regularly, to avoid dehydration. It should be drunk before you get to the stage of feeling thirsty.
- 5. Be 'Skin Safe'** early treatment is important. Report mole changes (size, shape, colour, itching or bleeding) to your doctor

**FACT:** Brown or black skinned people rarely get skin cancer, however they should still take care

**FACT:** The sun also causes thickening of the skin leading to premature ageing and wrinkles

**FACT:** Too much sun can cause heat exhaustion and sun stroke – both need urgent treatment

## Enjoy the sun but beware:

skin cancer kills – 70,000 new cases are reported every year in the UK and 2,000 people die every year in the UK.