

# STAY SAFE IN THE SUN

Protect your skin from harmful ultraviolet radiation from the sun. Follow five simple steps to make sure you enjoy the weather, without putting your health at risk.



## 1 COVER UP

Wear long, loose clothing to keep the sun off your skin. Your uniform is made from a special fabric to protect against ultraviolet radiation



## 2 PROTECT YOUR HEAD

Don't forget your head, face, ears and neck. Wear the wide brim hat that's part of your uniform – it's specially treated to protect against the sun. Remember to use sunglasses with UV protection



## 3 TAKE YOUR BREAK IN THE SHADE

Come out of the sun when you have the chance, especially during the most powerful ultraviolet periods



## 4 USE SUNSCREEN

Use SPF 30 or higher on any exposed skin – apply it half an hour before going outside, put plenty on and reapply it frequently



## 5 BE SKIN SAFE

Report mole changes (size, shape, colour, itching or bleeding) or any other concerns about your skin to your doctor as soon as possible – don't put it off, early treatment is important. Have a look at our simple skin check guide on the other page



**REMEMBER**  
to drink plenty of water on warmer days to avoid dehydration

## THE UV INDEX

The strength of the sun's rays isn't connected to the temperature – check the UV index. You'll find the index on many weather forecast apps and websites

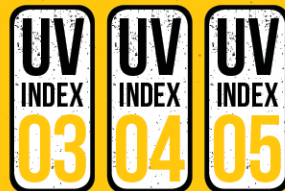
A TAN  
MEANS YOU'RE  
DAMAGING  
YOUR SKIN



### LOW

(1,2)

You can safely stay outside



### MODERATE

(3,4,5)

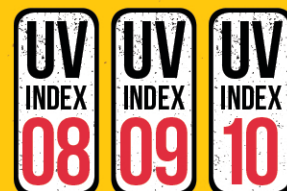
Take care during midday hours and don't spend too much time in the sun unprotected



### HIGH

(6,7)

Seek shade during midday hours, cover up and wear sunscreen



### VERY HIGH

(8,9,10)

Spend time in the shade between 10am and 3pm. Covering up and sunscreen essential



### EXTREME

(11+)

Avoid being outside in midday hours. Covering up and sunscreen essential

# GET TO KNOW YOUR SKIN

Checking for signs of skin cancer is as easy as A, B, C (and D). Be aware of how your skin normally looks – that way, you'll notice changes that could be signs of skin cancer.

- 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?

melanoma is most likely to occur. Use a mirror or get someone else to help you check.

Get any skin problem checked by your GP. There may be nothing to worry about, but if something is wrong, treating it early could stop it getting worse – and even save your life.

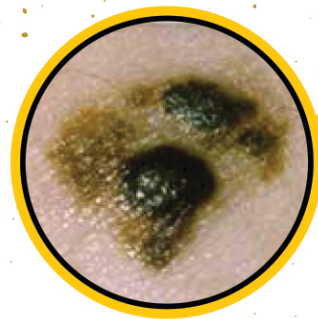
Look at Cancer Research UK's guide to spotting the signs of skin cancer at [sunsmart.org.uk/UV-the-sun-and-skin-cancer/spotting-skin-cancer-early](https://www.sunsmart.org.uk/UV-the-sun-and-skin-cancer/spotting-skin-cancer-early)

Remember to check your neck and back too if they've been exposed – in men, this is where

IOSH working in association with Royal Mail



**Working together to beat occupational cancer**  
Find out about the campaign at [www.notimetolose.org.uk](http://www.notimetolose.org.uk)

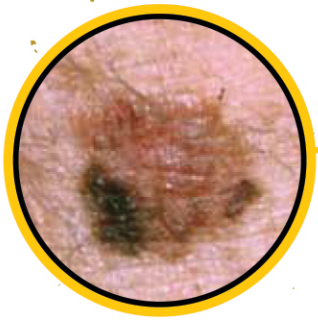


# ASYMMETRY

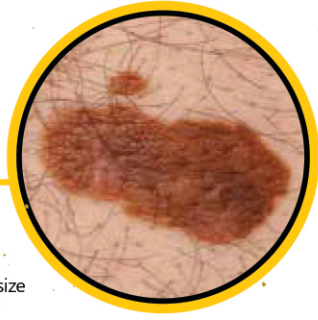
two halves of a mole look different



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



**COLOUR**  
the colour of the mole isn't even, with  
more than one shade of colour



**D**IAMETER  
the mole is wider than 6mm (the size  
of a rubber on top of a pencil)

Mole images courtesy Cancer Research UK

with a wide variety of clinical conditions.

**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



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**  
Should 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**  
Should protect themselves when outdoors in the sun for a long time

