

Every employee and contractor, working for Northern Powergrid, should go home at the end of each shift uninjured and in good health after a productive days work

Health Risks From Working in The Sun (Source HSE)

A sunny day makes most of us feel good, but too much sunlight can be hard on the skin. It is not simply sudden exposure while on holiday that is harmful. Even a tan that has been built up gradually can be harmful to health. A tan is a sign that the skin has been damaged. The problem is caused by the ultraviolet (UV) rays in sunlight. People whose job keeps them outdoors for a long time, such as farm or building site workers, market gardeners, outdoor activity workers and some public service workers could get more sun on their skin than is healthy for them. Such people can be at greater risk of skin cancer. Below is some information to help you protect yourself.

What are the Dangers?

In the short term... sunburn can blister your skin and make it peel, but even mild reddening is a sign of skin damage.

In the long term... too much sun will speed up the ageing of your skin, making it leathery, mottled and wrinkled, but the most serious effect is an increased chance of developing skin cancer.

Abnormal reactions to sunlight ... Some medicines, contact with some chemicals used at work (such as dyes, wood preservatives, coal-tar and pitch products), and contact with some plants, can make your skin more sensitive to sunlight. Your family doctor should be able to advise you further.

Who is at risk of skin cancer?

Some people are more liable to skin cancers than others. People with white skin are at most risk. Take particular care if you have:

- fair or freckled skin that doesn't tan, or goes red or burns before it tans;
- red or fair hair and light coloured eyes;
- a large number of moles - 50 or more.

Workers of Asian or Afro-Caribbean origin are less at risk, but they should still take care in the sun to avoid damage to eyes, skin ageing and dehydration.



Protecting Yourself

Even if your skin is not fair and freckled, you should still be particularly careful while you are working out of doors in the summer in the three or four hours around midday. The sun is most intense at these times. Even on cloudy days, UV can filter through. Some Dos and Don'ts to avoid the dangers are:

- Do try to avoid the mild reddening which is a sign of skin damage as well as being an early sign of burning.
- Do try to work and take your breaks in the shade if you can - this will reduce your risk of harming your skin and also help to keep you cool.
- Do continue to take care when you go on holiday - your skin remembers every exposure.
- Don't be complacent; get to know your skin's most vulnerable areas (eg back of neck, head) and keep them covered.



Don't try to get a tan - it's not a healthy sign. It might look good but it indicates that the skin has already been damaged. A suntan does not eliminate the long term cancer risk which is associated with prolonged exposure to the sun; nor will it protect against premature ageing.

Sun Protection Products



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Deb Stoko Stokoderm SunPrct50+ SPF200ML

- UV-A protection according to EU-recommendation.
- Immediate protection.
- Extra water-resistant 24-hour hydration for sensitive skin.
- SPF 50+.
- Part of our Sun Protection Range of Products.



Contact S Weatherill or Richard Barbour

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- Sun protect neck flap
- 3 section fold-up peak
- 2 eyelets each sides
- Elasticated size adjuster for one size fits all
- Includes NPG Logo