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Stay Safe in the Sun - Get To Know Your Skin

To: All Branches

Dear Colleagues,

Attached is a pdf copy of the award winning Joint Royal Mail/CWU/IOSH "Stay Safe In The Sun" Leaflet/Poster, first issued as a pocket z-card in 2015 and 2016.

The attached pdf version can be reproduced and used as a handout to members in Delivery Offices and other Offices and can also be downloaded and printed in a poster version.

It's important that Branch Officials and Health and Safety Reps raise awareness of the messages in the leaflet during the current heatwave.

The first part of the leaflet centres on the 6-point 'Sun Safe' message which is:-

- Cover Up
- Protect your Head
- Take your break in the shade
- Use Sunscreen on exposed skin
- Be Skin Smart
- Drink Plenty of Water

The leaflet also explains how to understand the 'UV Index' and the Low, Moderate, High, Very High and Extreme Levels with advice in each level.

The second part of the leaflet is about getting to know your skin, how to check for signs of Skin Cancer and the risk levels with different skin types.

The message is a serious one with skin cancer levels in the UK at their highest ever. 100,000 new cases annually, 2,500 deaths annually.

Prompt medical attention is crucial should skin changes indicate the start of Cancer.

A sun tan isn't a sign of good health! It's a sign of deep skin damage and with it an increased risk of developing skin cancer!

Cover up, use sunscreen and drink plenty of water to avoid the dangers of dehydration. Take regular breaks in the shade are the key messages to members.

Yours sincerely



Dave Joyce
National Health, Safety & Environment Officer