

Alert No 19/2015

**Safety Alert**

**Outdoor Safety & Health – Supplementary Information**

We focused our minds on some of the hazards associated with working safety outdoors and the steps we all can take to stay safe.

Unfortunately in Britain alone, five people a day are diagnosed with a work-related skin cancer and sixty people die every year from cancer caused by working in the sun.

The risk of skin cancer is real for everyone and not just those people who work outdoors.

According to a survey of over a thousand people, carried out by the British Association of Dermatologists and being released in time for Sun Awareness Week 2015 (4th – 10th May), 72% of people admitted they had been sunburned in the last year.

This safety alert has been prepared by the RSTA. Completed forms for adding to the RSTA website should be submitted to Clive Mitchell clive@rsta-uk.org For further information regarding this safety alert please email Clive or phone 07557529410



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This is worrying; given the risk of developing melanoma – the deadliest form of skin cancer – is more than doubled in people with a history of sunburn compared with people who have never been sunburned.

With sunny days already making an appearance in the UK, it is likely this figure will remain high this year. This is a reflection of poor sun protection habits – people underestimate the damage sunburn can do to their skin, and many think skin reddening is just a harmless part of the tanning process, rather than a sure sign you have damaged your skin irreparably.

If you are outdoors, protect yourself against the sun by wearing a hat and sun cream and stay out of the sun at the sunniest times of day. These are simple steps you can take to lower your risk of developing skin cancer.

If you notice any changes in your skin, including moles that change shape or colour, crust or bleed, please consult your GP without delay.

An effect that hot weather does have on the body is dehydration.

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Mild dehydration can result in a decrease in vigilance and concentration, headaches and lethargy which could increase the likelihood of you having an accident.

What can you do? Drink at least 8 glasses of fluid a day if you are a woman and 10 glasses if you are a man and avoid alcohol as it will cause your body to lose more fluid than you drink.