



Welcome to UK News 27<sup>th</sup> July 2016  
your weekly update from around CEMEX UK

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## BEING THE BEST FOR FAMILIES

### The Breakfast Club



Rail Solutions Washwood Heath have put a lot of effort this year into promoting healthy lifestyle throughout the factory. Terry Gillooly, Plant Manager, explains: "So far this year we have had our monthly fruit days and various sport days; promoted the bike scheme; taken part in the Pedometer Challenge and recently had a sponsored walk. This week we have started our breakfast club at 5.15am as the night shift is finishing and the day shift is arriving - we are providing breakfast. A lot of the day shift do not get the chance to eat before arriving for work and sometimes do not eat until 10am. Some cereal and toast will

increase concentration levels and make the guys feel better as the morning goes on. With the night shift it allows them to eat before going home to bed.

Our Plant Supervisor, Kevin Lytton, came up with the idea of the breakfast club and it has been very well received by everyone on site. On our first day we served over 40 people, this is another positive step in our health campaign and as we move into August everyone on site will have the chance to have a well-being assessment. We have Advisors coming to the site to help with nutritional advice, stop smoking services, physio and fitness. Hopefully we will send our staff home healthier as well as safer!"

### Be Sun Aware



Last week saw some very high temperatures around the UK. We all need to be careful working outdoors during this type of weather to ensure we remain hydrated and protected from any harmful effects of the sun.

The biggest risk is heat exhaustion. By necessity we have to wear certain PPE and whilst this offers protection from burning it can result in overheating. Strenuous and 'hot' work tasks need to be assessed and rescheduled for cooler parts of the day where possible. Lighter PPE such as Class 3 vests rather than coats should be worn. Managers should ensure there is easy access to fresh



drinking water, if appropriate provide sunscreen/block where required and where possible work in the shade. The information in the download section of UK News or at the end of this document offers further guidance on taking care in hot conditions.

## 10 Years LTI Free For CEMEX Dry Silo Mortar



On 10 July 2016 CEMEX Dry Silo Mortar Business reached the notable landmark of 10 years LTI free.

To celebrate and build on this event a safety training and team meeting event was held at Southam on 15th July 2016. The training was attended by Service Engineers, Braintree Plant staff, Distribution staff, along with Technicians from the Technical Centre and 2 contractors from N&K Transport with whom we work very closely at Dove Holes. The training was hosted by Andy Bright and current performance was reviewed along with sessions on driving safely, use of mobile phones and safety on customer sites.

The DSM business has made significant progress in improving safety and this is reflected in the awards the business has received over the last twelve months, including Highly Commended certificate at the MPA Safety Awards, together with an Individual Winner for Safety Leadership recognising the work of Bill Buckley. The business also received Best In section and reached the final 2 in the recent UK Safety Sword awards.

Steve Crompton, Director of the DSM Business, commented: "Andy Bright has shown great leadership in driving up safety standards throughout the DSM Business and his Team have shown tremendous commitment to ensure that we manufacture and deliver our product in the safest possible way. As we know, safety has no memory but we are committed to build on the 10 year LTI milestone and continue to improve performance. I would like to thank all the members of the DSM Team who have made these achievements possible."

The picture shows members of the Team proudly displaying their safety certificates and awards received in the last twelve months.

## Are You Fit And Alert On The Road?



Last week we sent out a Video Safety Alert. It shows you how the quick reactions of a driver prevented serious injury to a pedestrian who stepped out in front of his truck. The pedestrian, who was wearing headphones at the time, didn't check it was safe to cross.

Please think:

- Are you always fit and alert while driving?
- Do you anticipate the unexpected?



- As a pedestrian or cyclist, do you avoid using headphones to ensure you have the benefit of all your senses?
- Do you talk to family members about the dangers on the road when our senses are impaired by the likes of headphones?

Please share this Alert with Team members, family and friends as appropriate.

### Cluster 14 Reach 11 Years LTI Free



This excellent achievement is a result of the efforts of everyone in the Cluster including employees, IHCs, contractors and, of course, visitors focusing on safety whilst Looking After Yourself and Each Other. As you all know our Health & Safety performance is about being Best For Families and our Number 1 Priority. Great examples of Stepping In and refreshed focus on Inductions and the Safety of our visitors have all helped getting us to 11 years LTI Free.

It is about everybody making Safety a Personal Value.

Steve Crompton commented: "This is a great result and a credit to everybody which you should feel very proud of. Remember Safety has no memory and starts at the beginning of each and every day so let's continue doing what we are doing best and safely.

I am confident that with your continued efforts, challenging and Stepping In with unsafe behaviour and practices, we can remain accident free in 2016 and beyond, and continue to prove Zero is achievable!

I would like to thank each and every one of you again including the IHC Community for making Safety a Personal Value."

### LTI Free Congratulations To:



Aggregates Logistics Northern and, as a result, the whole of Aggregates Logistics and indeed Logistics Operations celebrated 2 years LTI free.

### Trespassing On Quarries Is Not A Game



The MPA recently sent out this letter to members of the increasing threat of trespassers on quarries due to the Pokemon Go app. Please read this and be extra vigilant on your site.

Members may be aware of Pokemon GO, the new free-to-play mobile app, which is already hugely popular despite being only officially launched in the UK on 14 July 2016. Developed by Australian company, Niantic, for iOS or Android devices, the location-based augmented reality mobile game makes use of GPS and the camera of compatible devices allowing the player to capture, battle and train virtual creatures called Pokemon which appear



on device screens as though in the real world. The game uses real locations and places 'wild' Pokemon in random locations for players to collect.

The 700 plus Pokemon are split into types. Notably for members, one group is classed as **Rock type** which in the 'lore' of the game, are typically located in 'Quarries, Nature Reserves, Hiking Trails, Farmland, Car Parks, Towns and Cities'. This may encourage people to search for quarries and visit them.

Part of the game includes the creation of areas called 'PokeStops' or 'Gyms' (community areas for restocking, fighting etc) which will attract other users. When they are discovered they tend to be promoted on social media and other specialist media. It is early days so it is not clear what the criteria is for the creation of these sites but it is possible that it is the system picking up high level of gamers at the site (picked up via the mobile activity).

Another type are **Water Pokemon** which are typically located in Lakes, Sea, Canals etc. Again, this could cause users to seek out water filled voids on either operational or non-operational quarries.

Some members have already reported increased activity at sites so we urge members to be extra vigilant as users, in particular of school/college/university age, are out and about during the summer holidays.

The only true way to find out whether Pokemon are spawning on a quarry or other industrial site is to download the game on a mobile phone and search the area. However, it is possible that this action in itself may be responsible for generating activity on the site that could be picked up by others. At this stage monitoring activity on the site may be a more appropriate course of action and, if individuals are found onsite using mobile phones, asking them whether this is related to the game.

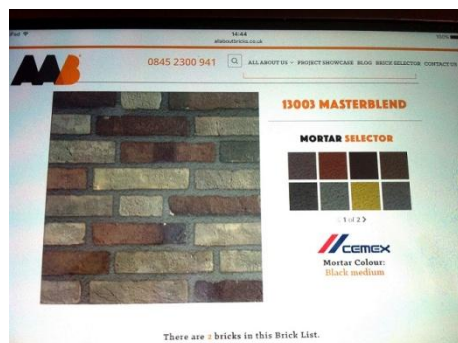
MPA has sent an official email to Niantic making them aware of public safety issues around quarries and the Stay Safe campaign. Companies can also do this by contacting: [partnerships@nianticlabs.com](mailto:partnerships@nianticlabs.com)

It is also possible to ask for official removal of 'PokeStops' and Gyms by contacting: [https://support.pokemongo.nianticlabs.com/hc/en-us/requests/new?ticket\\_form\\_id=341148](https://support.pokemongo.nianticlabs.com/hc/en-us/requests/new?ticket_form_id=341148) on a location by location incident but someone needs to have found them at the quarry using the real game on their mobile beforehand, saved the information then submitted to the website.

MPA will also liaise with national bodies representing Fire and Rescue, the Police etc, together with members of the National Water Safety Forum, such as RNLI, Canal and Rivers Trust, RoSPA etc.

## BEING THE BEST FOR CUSTOMERS

### It's All About The Bricks..... (And Mortar)



A new bricks and mortar selector tool has been launched by CEMEX and AAB bricks. It allows anyone to choose an AAB brick and matching CEMEX mortar.

Go to the website to have a look and recommend it to anyone you know who may find it useful.





[http://www.allaboutbricks.co.uk/brick-selector/field\\_size/215x1025x65-45](http://www.allaboutbricks.co.uk/brick-selector/field_size/215x1025x65-45)

Click any brick and then you can scroll through the mortar colours, it's really effective.

Congratulations to Adam Leverett, Area Sales Manager for Screeds and Mortars, for this innovative site.

### 80% Satisfaction For DSM



Congratulations to the DSM Team who achieved 80% in the David Wilson Homes East customer service appraisal. Andrew Bright, DSM Manager, commented: "This is higher than their divisional performance which is at 78% and they have congratulated us on this result - well done all those involved including our hauliers, service engineers and the distribution office staff that all interface with the site staff."

This compares exactly to our own findings from our customer feedback surveys which are carried by our Service Engineers who randomly select sites and have recently checked a David Wilson Homes site in Aspley, Nottinghamshire and reported back a figure of over 80%, as well as making reference to the fact that we are a 'great company'."

### A Small Pour With A Large Thank You



Volker Fitzpatrick have been nominated to replace a small rail bridge deck in Norwich. Whilst the pour was only 60m3 both Volker Fitzpatrick and their client put sufficient importance on the pour for Neil Woolner and Tony Archer to attend a meeting in London to discuss logistics and specification.

The current deck has failed and has a speed restriction in place so as to safeguard the general public.

We supplied the pour mid July with the first load on site at 4am (due to concerns over high ambient temperatures). The customer was delighted with our service. Please see some of the comments received from Mark Taylor (Contracts Manager) who asked us to pass on their thanks.

*May I take this opportunity to thank you all for your arrangements and execution of the main pour on Tue 12th July. The delivery rate and workability of the concrete was excellent.*

*I want to send a very positive letter to CEMEX for your excellent pre-order/ technical advice and quality of service/ delivery. A great Team effort."*

### Somercotes Team Pull Out Stops For Network Rail



Our Rail Solution operation in Somercotes rose to the challenge of getting product track side following a last minute customer request. On the Friday the staff at Somercotes received a request from Network Rail for a replacement unit that was going into track that weekend.

Works Manager, Terence Clair, adds: "Following this last minute request plans were made to change the casting for that day. We decided to cast two



units due to the importance of the units so that if one failed we had a back up. All the departments pulled together to make this happen - representatives from our operations Team and lab gave up their Saturday morning to get the unit out of the mould, gauged and loaded onto the waiting lorry. It is times like this when we always seem to perform our best and I cannot thank those that took part in offering our customer a solution to a challenge they had. Below is an email we received from the Senior Network Rail Technician Officer for the Weston route:"

All,

*Would just like to say a massive thank you to everyone who made the bearer order, production and delivery possible on Saturday!*

*The two bearers 50 and 51, were successfully installed along with a new Crossing on the Main Line from Swindon to London Paddington, meaning a safety critical fault was removed and the potential need for a temporary speed restriction eliminated. The bearer delivered Saturday had completely cracked throughout and it was essential it was replaced!*

*Thank you to all once again for everyone's efforts in making this happen.*

## BEING THE BEST FOR SHAREHOLDERS

### Down The Line Save The Date – Aug 10<sup>th</sup> 1pm



Please put this date in your diaries to find out how we have performed in Q2 2016.

Jesus and the VPs invite you and your Teams to dial in and listen to the 45 mins presentation and then take part in a live Q and A session . Alternatively, if you wish to remain anonymous please send in your questions in advance to:

[gb-communicationsandpublicaffairs@cemex.com](mailto:gb-communicationsandpublicaffairs@cemex.com)



## BEING THE BEST FOR COMMUNITIES

### Amy Completes The Mud Run



Amy Burgess, Fleet Administrator at Rugby, and other members of her family took part in the Race for Life Mud Run in aid of Cancer Research (Amy is on the right and accompanied by her mum and cousin). The charity is very close to her heart following the loss of her granddad to cancer.

Anyone who knows Amy will tell you that this was quite something as exercise and her don't exactly sit comfortably together but take part she did and raised £345 for the charity! The Foundation has also matched her fundraising with a further £200 donation.



Amy comments: "We all had an absolutely amazing time! We scaled giant obstacles as well as crawling under cargo nets through lovely thick mud. We even had to use space hoppers (not done for a few years!!) and got hosed down at the end by some lovely firemen".

She would like to thank everyone who sponsored her from the Rugby Office, Cement Plant and Washwood Heath Plant.

### Wangfords Barn Owl Update



You may remember a story a few weeks ago about the baby Barn Owls at Wangford (see pic on right). We are happy to report that in a year which has been hard on Barn Owls two of the three are still alive and well (see pic on left). Unfortunately the smallest chick didn't survive.



After ringing the chicks earlier, Suffolk Wildlife trust came back to check on their progress. The bigger of the two is ready to leave the nest box any day.

Suffolk Wildlife tells us that to date they have only managed to ring 14 birds in their area so far this year so we are extra specially pleased that we have two on our site.



## Be A Good Neighbour



Being a good neighbour and responding quickly to complaints or comments has paid off recently for a planning application for Halkyn Quarry. A neighbour, who was previously against the application to increase the quarries output, spoke at the planning committee and withdrew their objection because CEMEX had responded positively to their complaints and accommodated neighbours concerns within the application.

He said that he considered CEMEX to be a good neighbour as the company had acknowledged the concerns and amended the application with these in mind. He was also thankful that the quarry management act upon complaints or comments from residents.

Mike Ripley, NW Operations Manager, commented: "Thanks to all who were involved in securing the application - there was the potential risk that the application may have been refused. Particular thanks go to Shaun Denny who has worked very hard on this application the management of Halkyn Quarry, who have proved that by managing a site well and responding to residents concerns in a timely manner their efforts are rewarded and members of the public do appreciate their efforts. Last but not least thanks to Ian Southcott who has worked behind the scenes liaising with residents and for making a verbal statement at the first committee meeting. I am not sure if he was disappointed at not having to perform in front of the committee for a second time yesterday. Well done Team!"

## Joint CEMEX Team Lend-A-Highland-Hand



Last week a Team of 13 hardy CEMEX souls braved the typically changeable and challenging Scottish weather to lay material to build a previously undeveloped stretch of the west highland way footpath near Glasgow.

Garry Gregory commented: "Starting just after 8am on Wednesday the sunshine from Tuesday had well and truly disappeared and was replaced by heavy rain. Within half an hour thunder and lightning struck which meant we had to down tools on safety grounds.

Once the weather cleared, armed with wheel barrows and shovels, our Team of 13 managed to lay more than 40t of material - completing the job sometime after 3pm. Not only was it a great day in terms of putting something back into the community, but it was great for health - a full day of exercise and great for Teamwork."

Well done to John Smith, Martin Ashfield, Trevor Golding, Phillip Hutchinson, Jason Barker, Jim Halfpenny, Theresa Bryson, Owen Conroy, Fraser Tannock, Neil Anderson, Edith Heggie and Lee (our new man at Clyde Tunnel Readymix).





## BEING THE BEST FOR EMPLOYEES

### Look After Your Machinery And It Will Look After You!



Mick McDonagh at our Readymix Plant in Huddersfield got a nice surprise the other week when he arrived at work to find a brand new loading shovel waiting for him! His old machine was 16 years old and an absolute credit to him.

When John Parker, his Cluster Manager, asked him about his old machine Mick commented: "If you look after your machinery it will look after you. I greased the machine every week no matter how busy I was even if it meant coming in on a Saturday to do it. It was a great surprise to find out that I was getting a new machine!"

Here's to the new loading shovel lasting just as long!

### John Miller On 40 years Service



Congratulations to John Miller who reached a remarkable 40 years service with the company this week. Here is John's view: "40 years ago today I walked through the door of Crown House, Rugby (now CEMEX House) to join the Sales Department of Rugby Cement.

The world then was obviously different – no such thing as a desktop computer or PC. The only computer in the building took the majority of the first floor; mobile phones were some years off, males had to wear a dark suit with shirt and tie and were not allowed to leave the office without wearing their jackets whilst women were not allowed to wear trousers. Thankfully both the business and myself have come a long way since that time.

The business has provided me with challenges, opportunities, rewards, recognition, many highs and some not so, but above all it has provided great colleagues, people who have and who continue to inspire me, some directly connected to me and some from a far. It is this Team that I proudly say that I work with and it is the people in this Team that make it the BEST. Long may that continue."

### Andrew Webster Reaches 15 Years Service



Congratulations to Andrew Webster, our Plant Manager at Grimsby, for achieving 15 years service milestone.

Thank you for your efforts over the last 15 years and your continued loyalty and commitment to the business.



## Congratulations And Well Done To...



Chris Nation, a Maintenance Electrician at South Ferriby Cement Plant, who has achieved a First Class Honours Degree in Electrical Electronic Engineering.

Chris started at South Ferriby in 2007 as an Apprentice Electrician.

## The Institute Of Concrete Technology Career Development



The annual ICT Concrete & Aggregate Technology examinations recently took place at CEMEX House, Rugby with 22 candidates taking part from different areas of the business. This gives employees a great opportunity to develop their skills and enhance their careers, in step with the feedback you gave in the Engagement Survey; this scheme is another great example of Voices into Actions.



**Firstly, we wish Good Luck** to all candidates who have committed themselves to the programme since September 2015 and we look forward to seeing the results due out at the beginning of September 2016.

Nominations are now being taken for the next round starting in September 2016.

**The courses benefit staff from all areas of the business including technical, sales and operations as well as employees within our customer contact centres.**

For more information please click on the links below.

[Concrete Technology Part 1- General Principles](#)  
[Concrete Technology Part 2 - Practical Applications](#)  
[Aggregate Technology - Aggregates in Construction](#)

Please send your nominations to: [GB-Cemex Learning/GB/Cemex](#)

If you have any queries please contact the Learning & Development Team.



## Internal Vacancies

IVC Ref	Position	Company	Location	Closing date
198-07-2016	Procurement Performance & Compliance Manager	Strategic Planning	UK	05/08/2016
199-07-2016	Business Planning Analyst	Strategic Planning	Rugby	05/08/2016
200-07-2016	Multi Skilled Operative	Aggregates Northern	Middleton Quarry	29/07/2016
201-07-2016	Asphalt Plant Operative	Aggregates Northern	Divett Hill Quarry	29/07/016
202-07-2016	Plant Operative x 2	Readymix Southern	East London, Canning Town, Angerstein, Stepney	29/07/2016
203-07-2016	Assistant Quarry Manager	Aggregates Northern	Pallett Hill	09/08/2016

For further details on other roles and a full listing of other vacancies, together with information on how to apply, please log on to CEMEX Shift > My Services > Internal Vacancies>New IVCs.



**UKNEWS IS ON SUMMER HOLIDAYS DURING AUGUST.**  
**THERE WILL BE A COUPLE OF EDITIONS DURING AUGUST AND BACK TO USUAL WEEKLY NEWS IN SEPTEMBER. HAVE A GREAT SUMMER.**

**We would love to hear from you for the next edition**

To send us a story: either click on 'submit a story' on the UK News website or email [gb-communicationsandpublicaffairs@cemex.com](mailto:gb-communicationsandpublicaffairs@cemex.com) or call us on 01932 583 217/006

If you can, please include a photo too (taken in super fine landscape setting and saved as a jpeg.) Thank you.



## Working outdoors

### Why do outdoor workers need sun protection?

Workers in the UK spend different amounts of time outdoors. If you work indoors then you still need to think about sun protection during your lunch break over the summer months.

If you work outdoors, your skin is regularly exposed to the damaging effects of the sun over a long period of time, so it's important to take steps to protect yourself.

### Who is most at risk?

Overexposure to ultraviolet (UV) light from the sun is the main cause of skin cancer. Anyone can develop skin cancer, but some people are more likely to get the disease than others. These people tend to have one or more of the following and should therefore be more vigilant in the sun:

- Fair skin that burns easily in strong sun
- Lots of moles or freckles
- Red or fair hair
- Light coloured eyes
- A personal or family history of skin cancer
- A history of sunburn

If you have naturally brown or black skin you are much less likely to develop skin cancer. This is because people with naturally brown or black skin have more melanin pigment in their skin, which helps protect the skin from damaging UV rays. However, skin cancer can still affect people with brown or black skin. It is most common on parts of the body that aren't often exposed to the sun such as the soles of the feet.

### Tips for protecting yourself

#### Seek shade

Spend time in the shade between 11am and 3pm where possible. You can find and create shade in many different ways:

- Wearing a wide-brimmed hat
- Trees and foliage
- Canopies and awnings
- Umbrellas and parasols
- Tents and shelters





Cloud and ground conditions will also have an impact:

- Heavy cloud cover does offer protection but you will still burn on a day when there is thin or scattered clouds
- Reflection – up to 85% of UV rays can be reflected back from snow, sand, cement and water

Spend your breaks in the shade!

### **Cover up**

When there's no shade around the best way to protect your skin from the sun is to cover up with loose clothing, a wide-brimmed hat and good quality sunglasses.

Choose a protective hat – a wide brimmed hat – that shades your face, neck ears and head. Avoid caps as they only provide protection for your nose and forehead. Talk to your employer about including a hat in your uniform/work wear.

Wear sunglasses where possible to protect your eyes. Too much UV exposure could also cause cataracts and cancers of the eye. These are the standards you should ask for in a good quality pair of sunglasses:

- 'CE Mark' & British Standard (BS EN 1836:1997)
- UV 400 label
- Statement – offers 100% UV protection

A wraparound style is recommended for full protection. And take great care to make sure they fit properly – poorly fitting glasses offer poor protection as sunlight can reflect off the back face of your sunglasses' lenses back into the eye.

### **Use a sunscreen**

Apply at least SPF 15 sunscreen before you start work then reapply regularly and generously. The ideal is to:

- Apply 15-30 minutes before going out in the sun and reapply ASAP after going out!
- Reapply every 2 hours (or sooner) – beware of sunscreens offering all day protection with one application
- Use generous amounts of sunscreen at every application
- Always apply to clean dry skin

If you are doing strenuous activity use a sunscreen for sports or with a low oil content.

**If you do get sunburnt...** tell your employer and discuss what improvements could be made.



# SUN AWARENESS



Enjoying the summer sunshine both at work and at home supports our bodies to provide much needed vitamin D. However extensive exposure can lead to numerous health concerns such as: cellular damage; cataracts; early aging; actinic keratoses (potential cancerous cells) and skin cancer itself (non-melanoma and melanoma) which is now the most commonly diagnosed cancer registering 100,000 new cases a year and claiming 2,500 lives each year in the UK alone.

WATCH YOUR HEALTH

**FACT: There are 6 annual global fatalities from shark attacks compared to 48,000 from skin cancer.**

## Signs of sun damage

- **Suntanned skin** – although this is not always seen as sun damage, having a tan from being exposed to UV rays means that the top layer of your skin has been injured.
- **Sunburn** – most common sign of sun damage, sunburn can be painful and take several weeks to fade. Sunburn affects only the outer layer of the skin and is classed as a **first degree burn**.
- **Severe sunburn** – classed as **second degree burns**, is very painful and the skin will blister and swell to produce moisture and protection. This can lead to infection and you must seek medical advice.
- **Sun spots/uneven skin tone** – sun damage affects skin pigmentation leaving some areas lighter and others darker on our skin.
- **Dry/chapped lips** – sore, swollen or dry skin on the lips.

## Results of sun damage

- **Aging** – more than 80% of early aging in adults is due to the suntans they had as teenagers. This can result in wrinkles and grey age spots which develop over time.
- **Cataracts** – although painless, this 'cloudy area' in the lens of the eye can seriously affect your eyesight which, in many cases, is only treatable through surgery.
- **Skin cancer** – **non-melanoma** skin cancers are the most common (affecting slightly more men than women), the earliest signs are firm, red lumps and flat, scaly patches on the skin that do not heal. **Melanoma** skin cancers spread to other organs, early signs are a new mole or changes in existing moles. There is a higher risk of melanoma cancer if you have moles/freckles, red/blonde hair, pale skin and if there have been other cases in your family.

**Medical Treatments:** For the serious results of sun damage, it is vital that you seek medical advice and treatment as soon as possible. Treatment for non-melanoma skin cancer is generally successful in 90% of cases as there is a lower risk that it will spread to other parts of the body. Melanoma is slightly different, if the skin cancer is treated at an early stage, surgery can be successful; however, if it is not treated until melanoma is in its advanced stages then chemotherapy medicines can be used to slow spread of the cancer, but not treat it entirely. Skin cancer can also return if you've suffered from it before.

**Everyone is at risk:** Harmful UV rays can affect everyone, but there are some factors which can increase the chances of sun damage: pale skin; red/blonde hair; blue eyes; older age; mole/freckles; previous burns; radiotherapy treatment; weak immune system; previous skin cancer. Care must also be taken with young children in the sun as sun damage can have serious immediate and long term effects.

**Protecting yourself and your family from the sun on holiday** is an obvious and conscious choice we all make, however it can be just as easy to be affected by UV rays in the UK without realising. Whether it is working outside in short sleeved clothing or enjoying lunch in the sun, precautions still need to be taken even if there are clouds in the sky.

**Sun protection at work:** If you are working outside on a regular basis you can protect yourself from the sun with UV protection sunglasses and sun cream (minimum of SPF 15) if certain activities allow short sleeved garments. It may sometimes be unavoidable to stay out the sun between the hours of 11am – 3pm when you are working, so it is essential that you reapply sun cream at least every 2 hours.

**Sun protection on holiday:** When on holiday it is important to try and stay out of the sun at midday. Care must also be taken to reapply sun cream with a suitable SPF every 2 hours and to be aware that it may need to be reapplied after swimming or if you have been out of the sun for a long while.

Further information:

<http://www.webmd.boots.com/melanoma-skin-cancer/ss/slideshow-sun-damaged-skin>  
<http://www.nhs.uk/conditions/cancer-of-the-skin/Pages/Introduction.aspx>

Slip Slop Slap Seek Slide



Protect yourself in five ways from skin cancer

## HEALTH ESSENTIALS



BEING THE BEST

FOR FAMILIES





# Keep your top on

Health risks from working in the sun



*This is a web-friendly  
version of leaflet  
INDG147(rev1), reprinted  
03/07*

## Advice for outdoor workers from the Health and Safety Executive and the Health Departments in England, Scotland and Wales

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. This leaflet provides some basic 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 works doctor or family doctor should be able to advise you further. Take this leaflet with you.

### 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.

### What can I do to protect myself?

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.

### Clothing

Cover up. Ordinary clothing made from close-woven fabric, such as a long-sleeved workshirt and jeans, will stop most of the UV.

Wear a hat. A wide-brimmed hat will shade your face and head, the areas which suffer most from sunlight. A safety helmet will provide some shade for the head. A hanging flap can protect the back of your neck.

Keep your shirt or other top on, especially while you are working around midday. Don't be tempted to leave it off, even if your skin tans easily and does not burn.

### Sunscreens

Hats and other clothing are the best form of protection, but sunscreen creams and lotions can add useful protection for parts of your body that are not easy to shade from the sun. Look for a sun protection factor (SPF) rating of 15 or more as it protects against UVA and UVB.

Read the supplier's instructions on how it should be applied. Don't forget the backs of your hands.

### Check your skin

The first warning sign is often a small scabby spot which does not clear after a few weeks. Look for changed or newly formed moles or any skin discolouration. It is normal for new moles to appear until you are about 18 years old. As an adult you





should pay particular attention to any growths which appear on the face, especially around the nose and eyes, or on the backs of the hands; you should show your doctor any moles which change in size, colour, shape or start to bleed.

If you notice any of these signs consult your own doctor, or your works medical department if you have one. Show them this leaflet and explain that you have an outdoor job.

Fortunately most of these signs will be harmless, but medical checks may be needed to be sure. Even if a spot is cancerous, simple modern treatments can usually cure it and most don't spread to other parts of the body. The smaller the spot the easier it is to cure. So don't put off going to the doctor when you know you should.

If you have any kind of medical check-up tell the doctor that you have an outdoor job and ask if there are any suspicious signs on your skin.

**Don't delay. If you think something might be wrong get it looked at quickly.**

More information on sun protection is available on Cancer Research UK's Sunsmart website [www.sunsmart.org.uk](http://www.sunsmart.org.uk).

For information about health and safety, or to report inconsistencies or inaccuracies in this guidance, visit [www.hse.gov.uk/](http://www.hse.gov.uk/). You can view HSE guidance online and order priced publications from the website. HSE priced publications are also available from bookshops.

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