



Skin Protection

CSC Fleet Services Ltd has a duty of care to all its employees. Often people will only remember the traditional barrier creams when it comes to skin protection. But we must look at all the effects of exposure across all the body. CSC Fleet Services Ltd is committed to give employees the protection and guidance required to stay health at work. A risk assessment and handbook will outline all the issues.

Who is this Information for?

It's mainly for outdoor workers, such as those working on farms, building sites and in waste collection, who are more likely to be at risk if their work results in exposure to direct sunlight for long periods.

Why is the skin important?

The skin is the largest organ in the human body. Its main functions are to: provide a protective barrier against harmful substances; protect against injury; restrict the loss of moisture; reduce the harmful effects of UV radiation; act as a sensory organ (eg touch, temperature); help regulate body temperature; help detect and protect against infections; produce vitamin D.

What are the risks?

This policy will briefly state the aims of the company in providing provides some practical, common-sense advice on reducing the risk of ill health caused by ultraviolet (UV) radiation in sunlight.

What health problems can occur through skin contact?

Managing skin exposure risks at work, Skin cancer is one of the most common types of cancer.

- * Signs of skin cancer may include a scaly patch of hard skin, a red lump or spot, an ulcer, a new mole, or a patch of skin that bleeds, oozes or has a crust.
- * Pimples and pustules (white-centred bumps) mark it.
- * Grease and oils can cause 'oil acne' in mechanics can develop acne from exposure to pitch.
- * Systemic diseases following uptake through the skin

Skin cancer is one of most common forms of cancer in the UK.

Too much exposure to UV radiation from the sun can cause skin damage including sunburn, blistering, skin ageing and in the long term could lead to skin cancer.

Health risks from working in the sun. - Simple advice for outdoor workers:

- * 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.

Managing skin exposure risks at work

Many materials used at work can affect the skin or can pass through the skin and cause diseases elsewhere in the body. It covers the protective role of the skin, ill health arising from skin exposure, recognising potential skin exposure in your workplace, and managing skin exposure to prevent disease.

Many materials or substances used at work can affect the skin or can pass through the skin and cause diseases elsewhere in the body. Chemicals can also enter the body through the openings in skin surface
Managing work to prevent ill health from skin exposure can be summed up in three key steps:

- * Avoid; Protect; Check:
- * Avoid or reduce contact with materials that cause skin/systemic problems.
- * Protect the skin. Check for early signs of disease.
- * Managing skin exposure risks at work

Keep your top on! Cover up by wearing appropriate clothing

- * Stay in the shade whenever possible, especially during breaks
- * Use a high-factor sunscreen (at least SPF15)
- * Watch for symptoms that include:
- * Appearance of new moles or spots, changes to shape, size, colour of moles and spots or if they itch or bleed (seek medical advice)
- * Drink plenty of water to avoid dehydration