

Sun safety

Tips for avoiding sunburn

Too much sunlight is harmful to your skin. It can cause skin damage and can lead to an increased risk of skin cancer. Take a look at the steps you can take to manage your exposure to the sun...



Who is at risk?

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

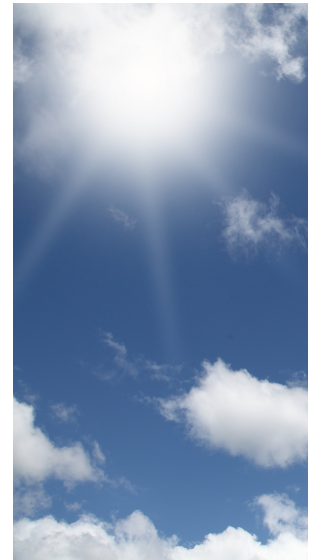
- fair or freckled skin that doesn't tan, or goes red or burns before it tans
- red or fair hair and light coloured eyes
- a large number of moles - 50 or more.

People 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.

Steps you can take to avoid the dangers

- Try to avoid the sun between 11am – 3pm.
- Stay in the shade if you can.
- Cover up, wear a hat and keep your top on.
- Use sunscreen - at least factor 15.
- Avoid mild reddening - it's a sign of skin damage & an early sign of burning.
- Continue to take care when you go on holiday.
- Keep your head and back of the neck covered.
- Don't try to get a tan - it shows that the skin has already been damaged.

Check for changes to your skin such as new moles, growths or lumps; or any moles, freckles or patches of skin that change in size, shape or colour. Report these to your doctor as soon as possible. Skin cancer is much easier to treat if it is found early.



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