

# Sun Protect

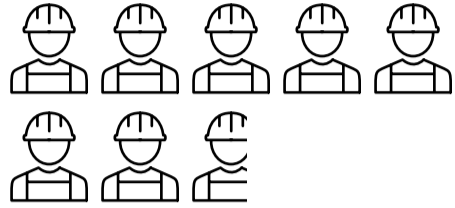
## The risks of sun exposure for outdoor workers

More than

# 7 million

Europeans estimated to suffer from skin cancer and in the majority of cases, skin cancer was preventable

Outdoor workers



# 77%

higher risk of skin cancer\*

Europe has more than

# 14.5 million

active workers who spend at least 75% of their working time outdoor



We use up to

# 75%

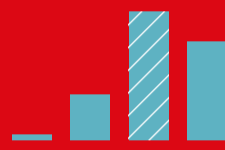
less sun cream than recommended



Projected increase of

# +44%

in skin cancer\*\* by 2040



Age group from

# 45-69

most likely to develop skin cancer\*\*\*



Reduce the risk of skin cancer\*\* by

# 78%

by protecting yourself in the first 18 years of life

UV-radiation

**UVA** has longer wavelength and is associated with **skin aging**

**UVB** has a shorter wavelength and is associated with **skin burning**

UV-radiation

Sun exposure

**SPF** (Sun Protection Factor) = the **amount of protection**

Use sun cream **SPF50+** blocks 98% of UV radiation

Sun exposure

Some terminology explained

Use sun cream that **spreads easily** and **doesn't stick**

Use sun cream that **protects against UVA and UVB**

Reapply the cream every **2 hours** to **be effective**

How to protect yourself?

Use the **right amount** of sun cream

Go for **waterproof** sun cream

**Face**  
0,5 teaspoon  
**Legs & arms**  
4 tablespoons

\*Compared with general population. Depending on type of skin cancer: Increased risk of 77% of developing CSCC and actinic keratosis  
\*\*Non-melanoma skin cancer (NMSC)  
\*\*\*Estimated distribution of new cases of skin melanoma in 2020

Sources

EADV - <https://eadvsymposium2022.org/>  
ECPC - Non-melanoma skin cancer as an occupational disease Fact sheet for policy makers  
Dr. Jetske Ultee - Voorlichting zonbescherming / Skin cancer foundation - UV radiation & your skin  
ECIS - Skin Melanoma burden in EU-27