

Embracing the Sunshine



Safeguarding your skin with confidence



Content reviewed April 2024
By Health Shield's Wellbeing Team

You know, we all enjoy soaking up some sun, and it's actually good for us in a few ways. Sunlight helps our bodies create vitamin D which is super important for strong bones, and spending time outside can really boost our mood. But it's crucial to be careful in the sun throughout the year, especially during summer or if you work outdoors. If we don't take care, we might end up with heat stroke, sunburn, or even faster skin aging and a higher risk of skin cancer.

430 daily cases:

There are around 156,000 new non-melanoma skin cancer cases in the UK every year, which equates to nearly 430 new cases every day (2016-2018).

46 daily cases:

Approximately 16,700 new melanoma skin cancer cases are reported in the UK each year, translating to 46 new cases every day (2016-2018).

Over 100% increase:

Skin cancer rates have more than doubled since the 1990s and are predicted to continue rising in the future.

#1 risk factor:

Exposure to the sun (or sunbeds) is the main risk factor for both types of skin cancer, as ultraviolet (UV) rays can damage the DNA of skin cells.

85%:

of melanoma cases are caused by sun exposure.

9/10 are preventable:

Almost 9 out of 10 melanomas are preventable through proper sun safety measures.

People with darker skin tones are less likely to have skin issues from the sun, but it can still happen. Those with fair skin, freckles, or who burn or go red easily are the ones at the highest risk, according to the UK Health and Safety Executive. But most issues could be prevented if we're a little bit more careful in the sun.

Sun safety tips to keep in mind:

- Keep your shirt on to protect your skin.
- Rock a hat with a brim or a flap to cover your ears and neck.
- Wear sunglasses to shield your eyes.
- Chill in the shade when you can. If you work outside, find some shade during breaks and lunchtime.
- Slather on sunscreen with at least SPF30 on exposed skin and reapply often, especially if you're swimming.
- Don't forget to put sunscreen on your ears and lips!
- Drink lots of water to stay hydrated, especially if you're having some booze.
- Keep an eye on your skin for any odd moles or spots, and see a doctor if something looks off – like changes in shape, size, colour, itching, or bleeding.

Check out pro cricketers – they're sun-safety superstars!

Here's what they do:

- Wear loose, thin long-sleeved tops and long trousers.
- Rock wide-brimmed hats and sunglasses.
- Slather on tons of sunblock on their faces.
- Take plenty of drink breaks in the shade. Nailed it!

Make the most of your *my*wellness benefits

Don't miss out on the range of wellbeing services included in your health cash plan - access them easily online to support your health.

Discover your benefits

Health Shield Friendly Society Limited
Electra Way
Crewe Business Park
Crewe
Cheshire
CW1 6HS

Tel: 01270 588555

Got a question about your cash plan?
[Check out our FAQs](#)



health-shield-friendly-society-ltd



HealthShieldUK



HealthShieldUK