



the heart of health and safety

IOSH

The Institution of Occupational Safety and Health

O IOSH-u

- Ustanovljen 1945; Royal Charter 2003
- Mednarodni NGO status (ILO) 2006
- Največja svetovna organizacija za VZD
- Preko 50,000 članov v 120 državah

IOSH kampanja ne izgubljammo časa – izpostavljenost soncu

Luka Bratec

Predsednik komisije za sodelovanje z državnimi in mednarodnimi inštitucijami

DVILJ



the heart of
health and safety



Kožni rak – Globalna ocena (WHO)

Po celem svetu je kožni rak najpogostejši rak.

2 do 3 milijoni nemelanomskih kožnih rakov in 132.000 melanomskih kožnih rakov se globalno pojavi vsako leto.



Dejstva

- Do 80% UV žarkov lahko prodre skozi oblake
- 90% kožnih rakov se lahko prepreči, če se nadzira izpostavljenost UV žarkom
- Če vas opeče sonce vsaki 2 leti samo enkrat, se tveganje za melanom lahko poveča za 3 x



IOSH-eva raziskava o z delom povezano izpostavljenostjo soncu v Veliki Britaniji – Imperial College London

- Kožni rak ubije 60 delavcev letno
- 1.500 novih primerov nemelanomskih kožnih rakov in 240 novih primerov malignih melanomov je povezanih z izpostavljenostjo soncu med delom vsako leto
- Večina prizadetih je moških
- Okoli 40% rakov zaradi malignih melanomov vključuje gradbene delavce



IOSH-eva raziskava v VB o z delom povezani izpostavljenostjo soncu v gradbeni dejavnosti – Nottingham University

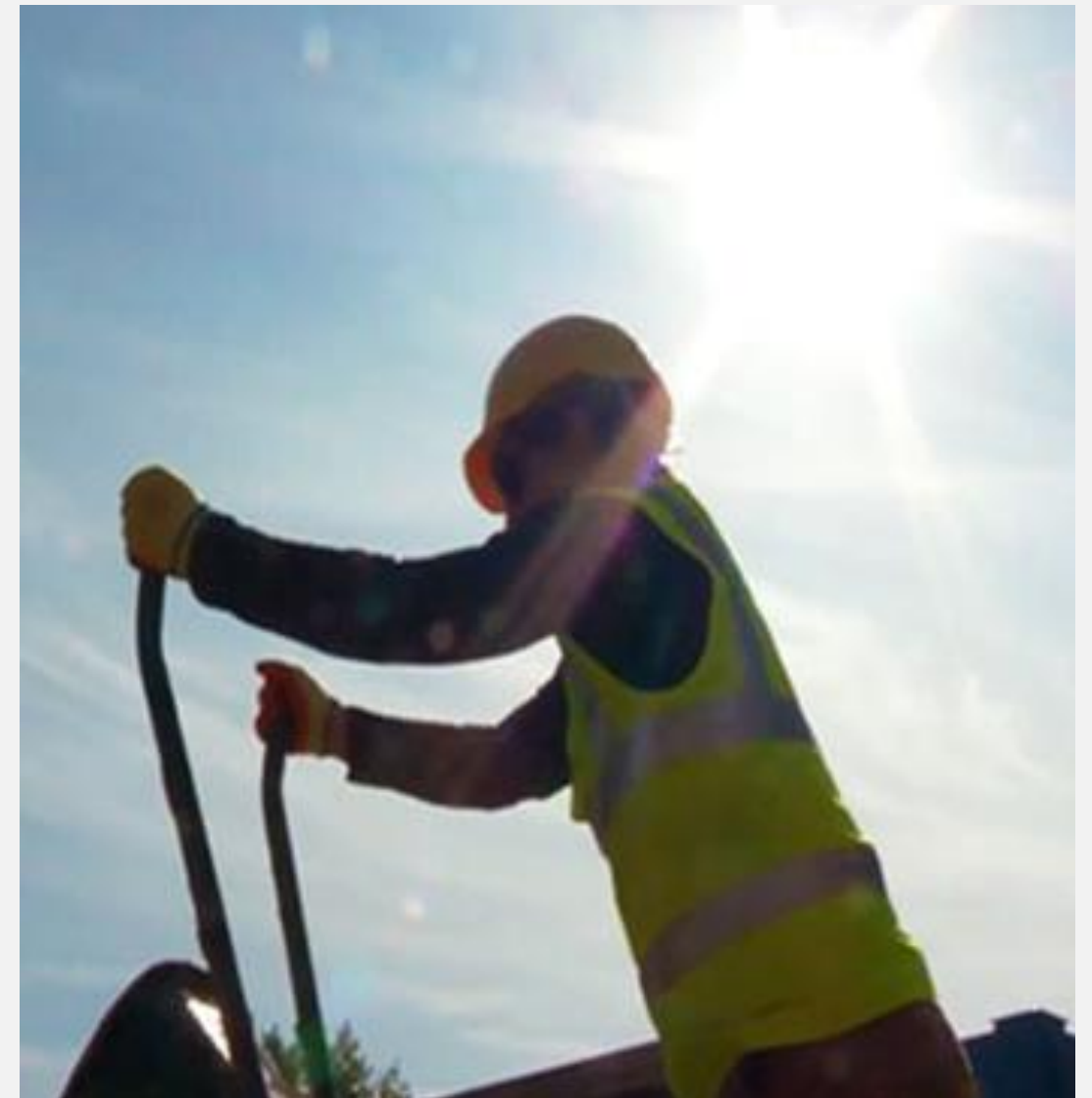
- Ozaveščenost o tveganjih zaradi izpostavljenosti soncu je na splošno slaba
- 59% gradbenih delavcev je prijavilo, da jih je opeklo sonce vsaj enkrat v preteklem letu
- 40% jih je mislilo, da ni bilo nobene potrebe po nošenju zaščite pred soncem na oblačen dan
- Oboji, delavci in vodstveni delavci zaščite zaradi izpostavljenosti soncu niso videli kot pomembne težave zaradi podnebja v VB



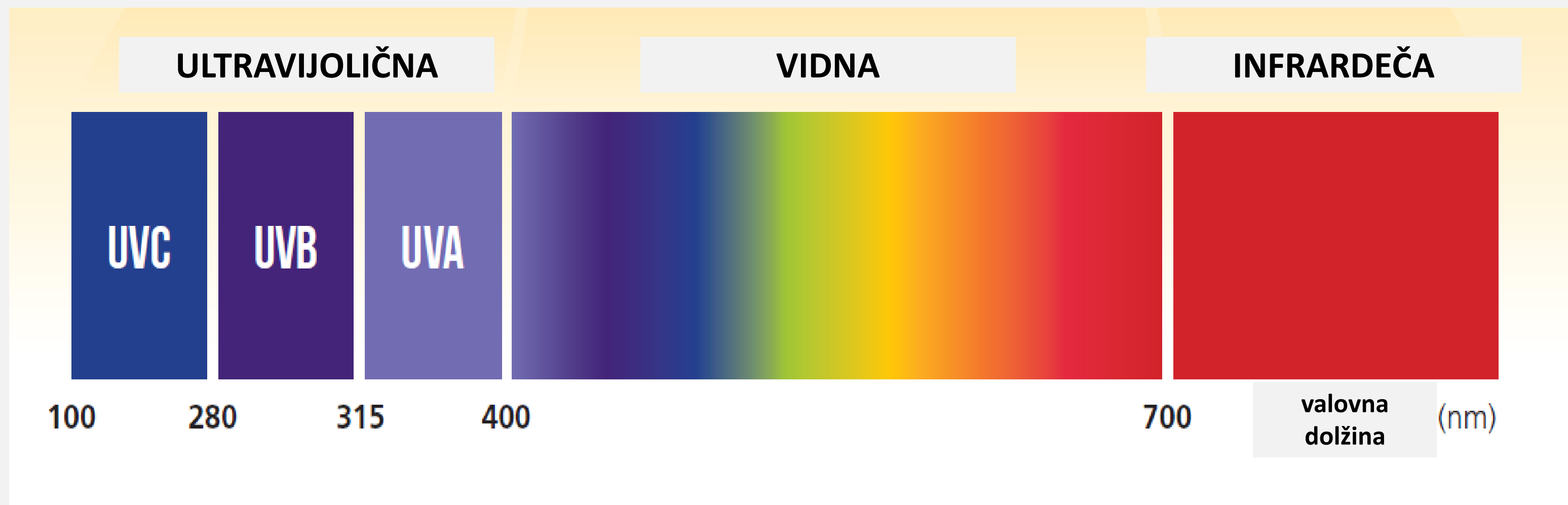
Kdo je lahko ogrožen

Nekaj primerov ljudi, ki so lahko izpostavljeni soncu:

- gradbeni delavci
- inženirji
- kmetje in drugi podeželski delavci
- policisti
- aranžerji
- poštarji
- cestni in železniški delavci
- komunalni delavci (smetarji, predelava odpadkov)
- športniki
- delavci v prometu in pobiralci parkirnin



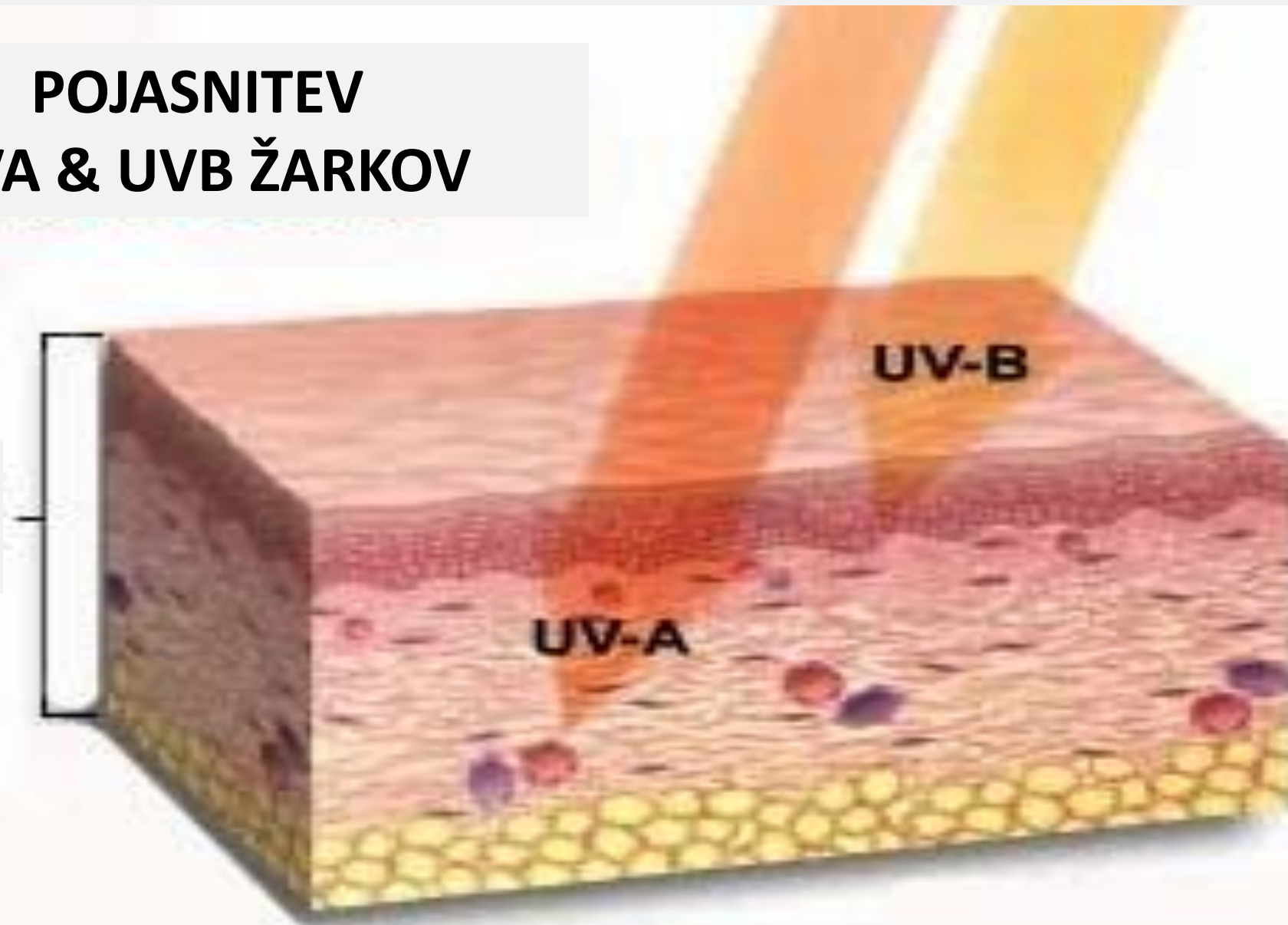
Sevanje sonca



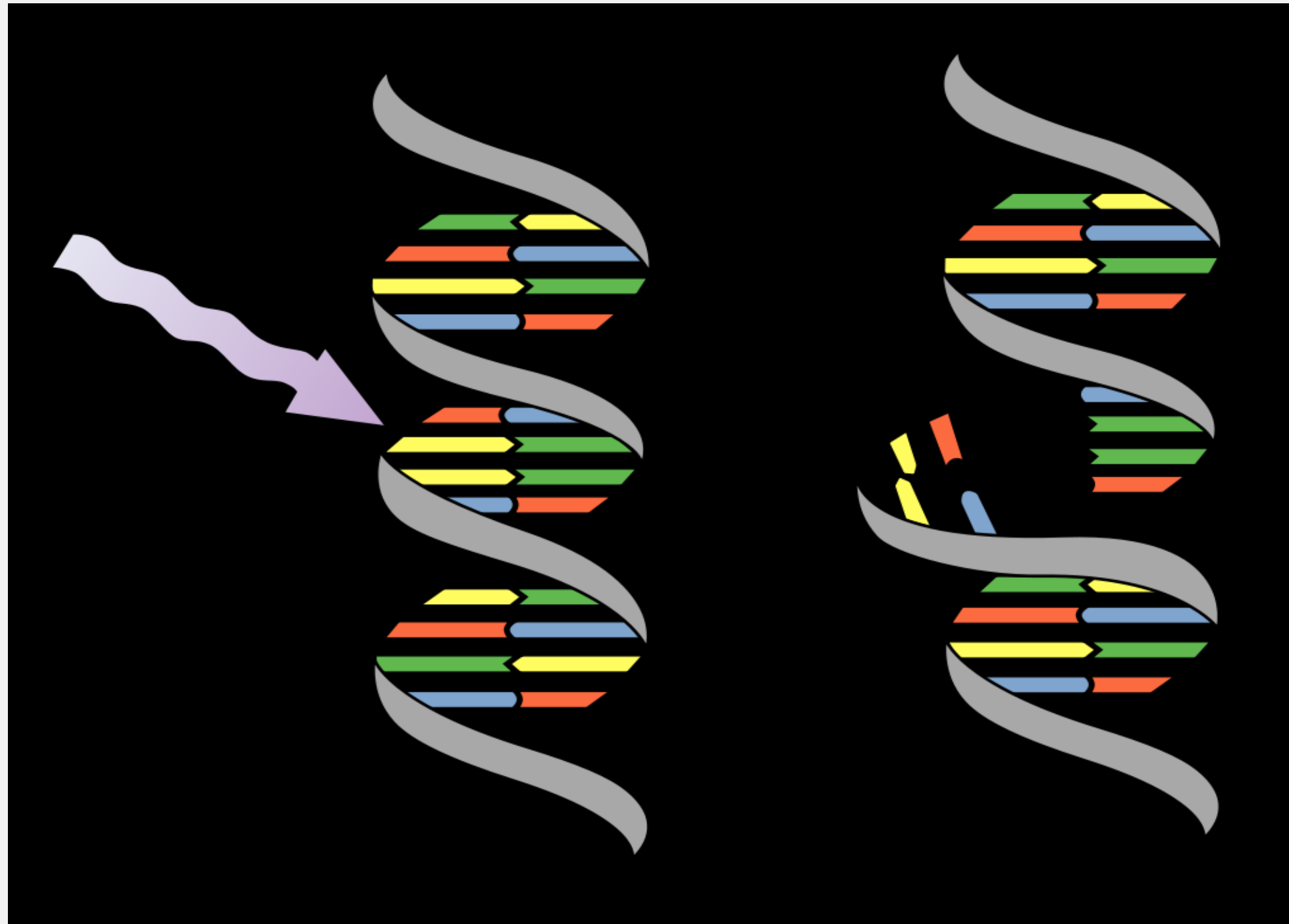
Prodiranje UV žarkov

POJASNITEV UVA & UVB ŽARKOV

Sloji
kože



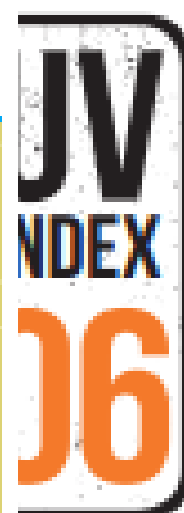
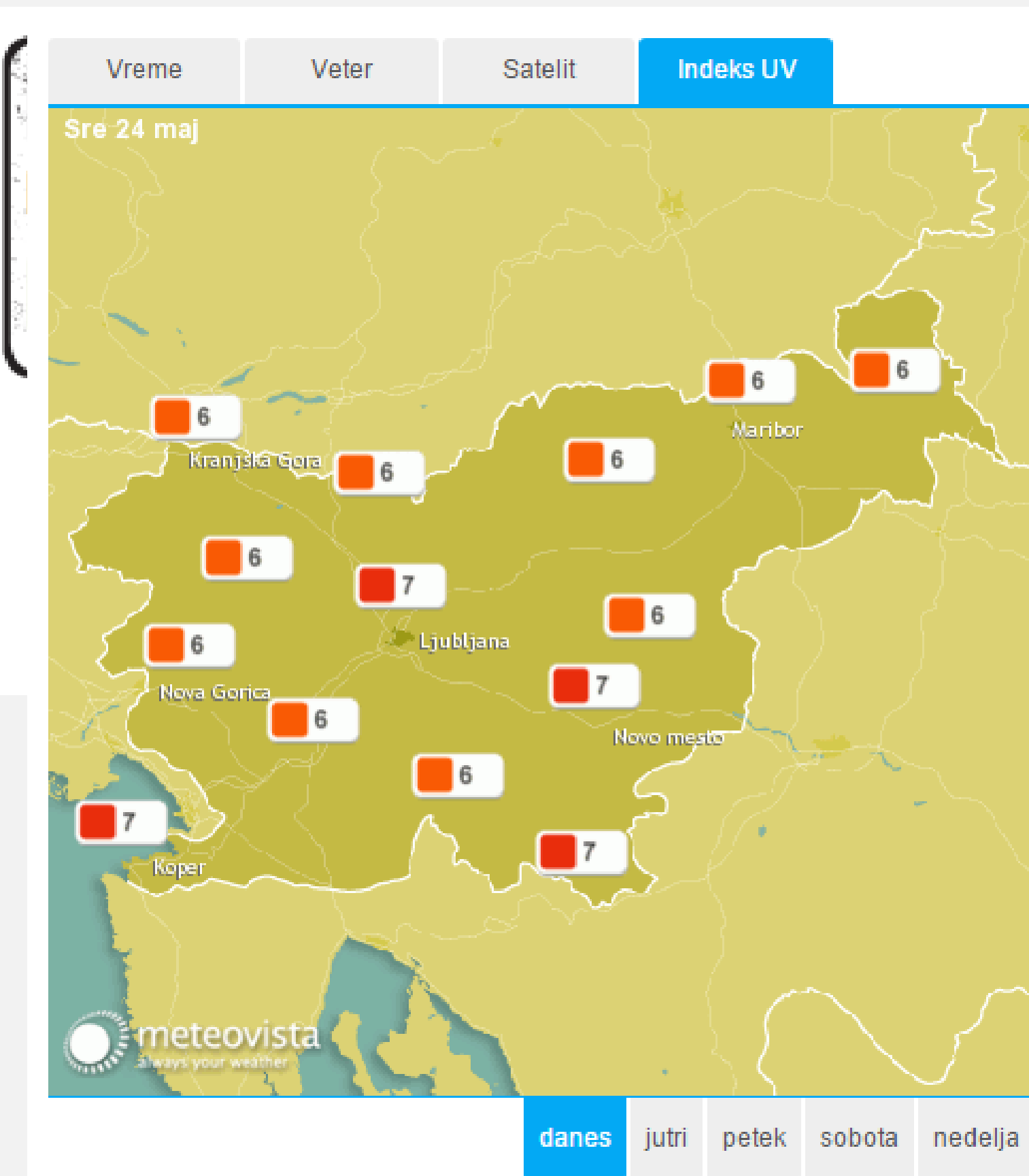
Poškodbe tkiva DNK zaradi UV sevanja



Sončne opekline in staranje



UV indeks



HIGH

(6,7)

Seek shade during midday hours, cover up and wear sunscreen

VERY HIGH

(8,9,10)

Spend time in the shade between 10am and 3pm. Covering up and sunscreen essential

EXTREME

(11+)

Avoid being outside in midday hours. Covering up and sunscreen essential

Indeks UV

1-2

3-4

5-6

7-8

9-11

Moč sonca

Skoraj nič

Šibko

Zmerno

Močno

Zelo močno

Opekline kože

Brez

Skoraj nič

Preprosto

Hitro

Zelo hitro

Fitzpatrick-ova skala za tip kože

I SLONOKOŠČENA

Characteristics
Pale skin, light or red hair, prone to freckles. Burns very easily and rarely tans

Sun protection
At the greatest risk of developing skin cancer. Needs to protect skin, preferably with clothing



II BEŽ

Characteristics
Fair skin, likely to have light hair, blue or brown eyes. Some have dark hair but still have a fair skin. Usually burns but may gradually tan

Sun protection
At the greatest risk of developing skin cancer. Needs to protect skin, preferably with clothing



III SVETLO RJAVA

Characteristics
Light olive skin with dark hair and brown or green eyes. Burns with long exposure to the sun but generally tans quite easily

Sun protection
Should protect themselves in strong sunshine



IV SREDNJE RJAVA

Characteristics
Brown eyes and dark hair. Burns with very lengthy exposures but always tans easily

Sun protection
Should protect themselves in strong sunshine



V TEMNO RJAVA

Characteristics
Naturally brown skin, brown eyes and dark hair. Burns only with excessive exposure to the sun. Skin easily darkens further

Sun protection
Should protect themselves when outdoors in the sun for a long time



VI ZELO TEMNO RJAVA

Characteristics
Black skin with dark brown eyes and black hair. Burns only with extreme exposure to the sun. Skin very easily darkens further

Sun protection
Should protect themselves when outdoors in the sun for a long time



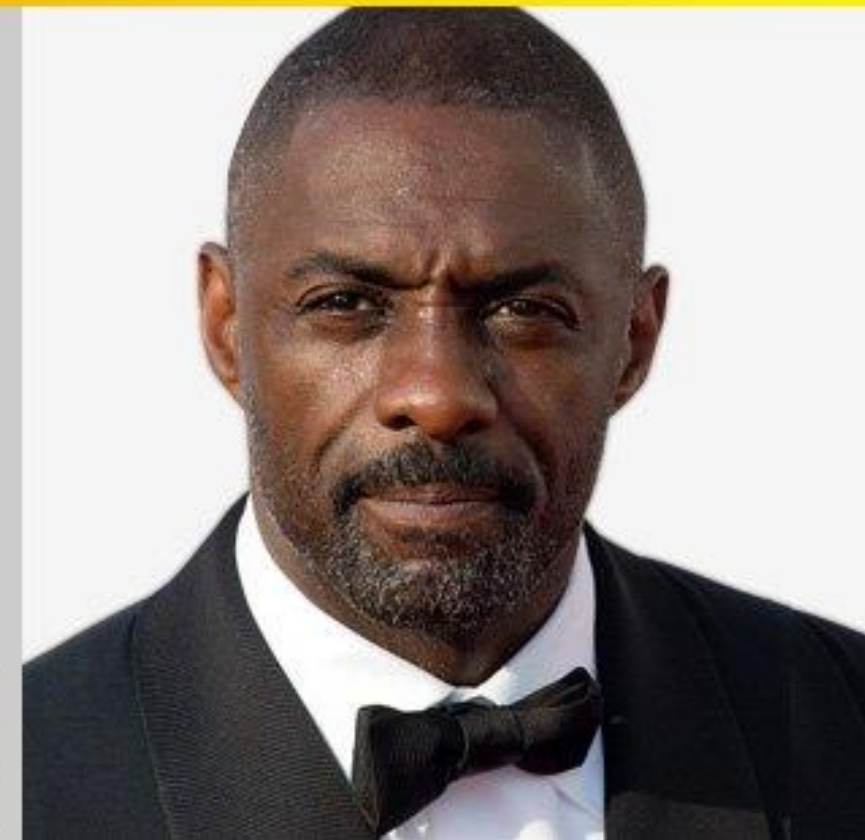
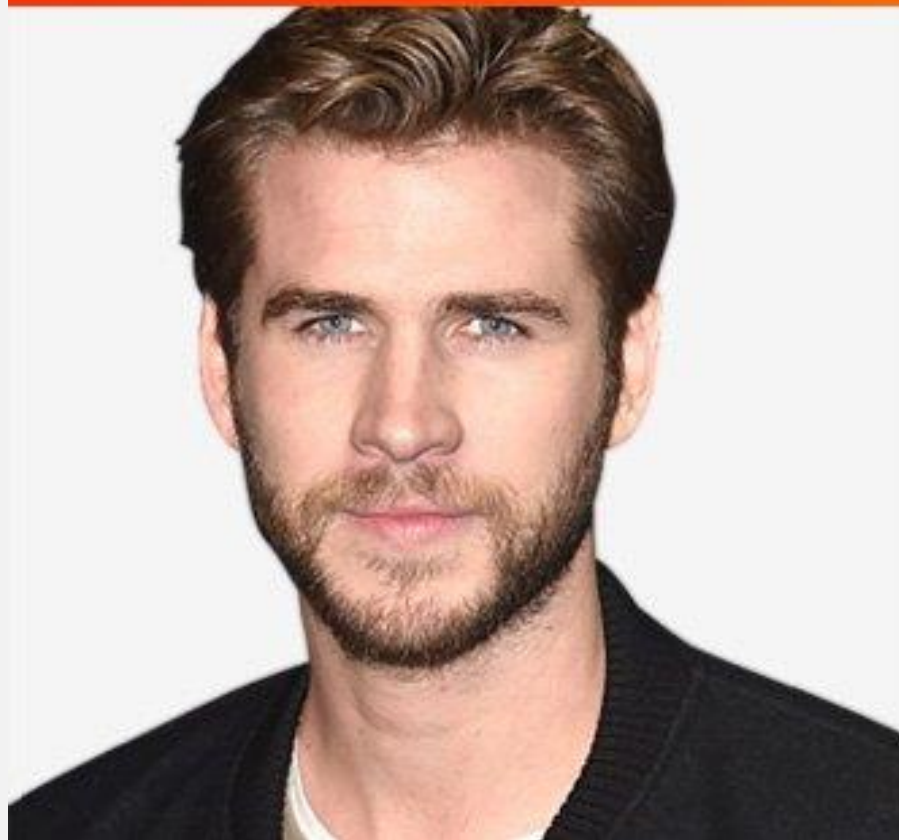
Fitzpatrick-ova skala za tip kože



HIGH RISK

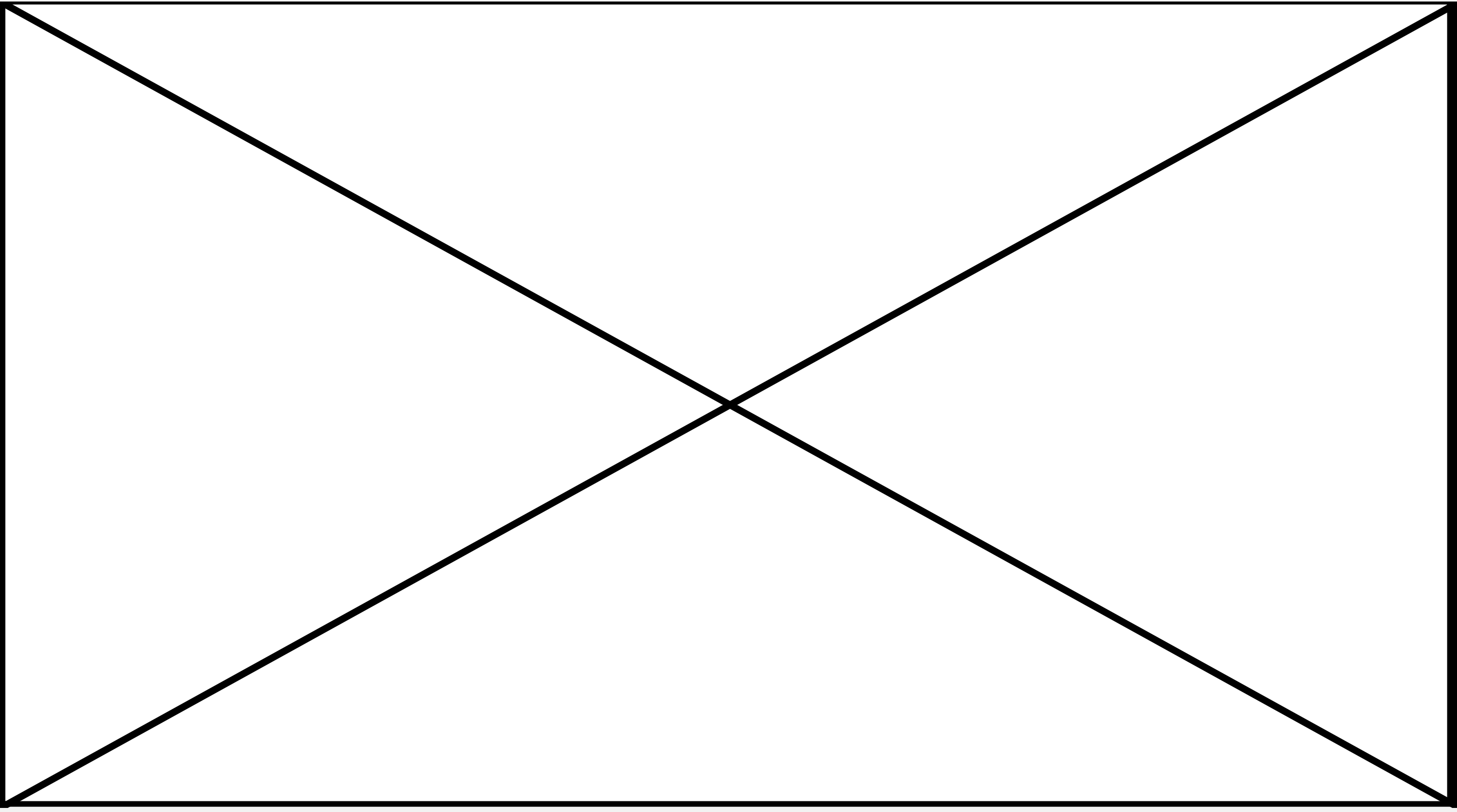


LOW RISK



Preventiva

- Izogibanje soncu
- Delo v senci
- Izogibanje delu na prostem v opoldanskem času
- Preverjanje UV indeksa
- Pokrivanje s pokrivali
- Nošenje sončnih očal
- Rotacija delovnih mest
- Odmori v senci
- Nanašanje sončne kreme
- Preverjanje kože



Brezplačni praktični viri

NO TIME TO LOSE

SOLAR RADIATION: THE FACTS
• Facts and figures • Find out more • Free resources

iosh

WORKING TOGETHER TO BEAT OCCUPATIONAL CANCER

CLOUD CUCKOO LAND?

Up to 80 per cent of dangerous sun rays get through a cloudy sky

iosh

Thinking that you can't get damaged by the sun on a cloudy day is just one of the many myths around ultraviolet radiation. Protect your skin, even when it's cloudy, or you could get skin cancer.

Skin cancer is the most common type of cancer in the world – it's also the easiest to avoid. If you're at risk:

- follow the rules about protecting yourself from sun exposure – ask your boss if you're not sure about anything
- check your skin regularly for the tell-tale signs of cancer – look at IOSH's **Check it out** card for more info.

NO TIME TO LOSE

WORKING TOGETHER TO BEAT OCCUPATIONAL CANCER
The Institution of Occupational Safety and Health is campaigning to stop thousands of untimely deaths to work-caused cancer – find out more at www.notimetolose.org.uk

STAY SAFE IN THE SUN

NO TIME TO LOSE

SKIN DEEP?
Sun exposure can kill you.

NO TIME TO LOSE

www.notimetolose.org.uk

Zaveza za ukrepanje

- **Zaveza za ukrepanje** pri izpostavljenosti karcinomom z uporabo 6 točkovnega načrta:
 1. Oceniti tveganje
 2. Razviti in izvesti preventivno strategijo
 3. Informirati vodstvene delavce
 4. Vključiti zaposlene
 5. Zahtevati enake standarde za dobavitelje v dobavni verigi
 6. Poročati o napredku

Priključite se **100 napredno razmišljajočim podjetjem,**
ki so že podpisale zavezo.



WORK CANCER: CAMPAIGN PLEDGE

WORKING TOGETHER TO BEAT OCCUPATIONAL CANCER

Thousands of workers have had their lives cut short because of cancer caused by what they did for a living. We need to act now to stop occupational cancer claiming more lives.

Reassure your staff and stakeholders by demonstrating your commitment to managing harmful exposures – sign up to our campaign pledge.

The No Time to Lose pledge is a six-step plan to capture the key actions your organisation is already doing, or planning to do, to manage carcinogenic exposures within your workplace.

You can tailor your pledge by expanding on the points relevant to your business. Pledge points 5 and 6 are optional, depending on the type of work you do and the level of your current public reporting on corporate social responsibility. You'll find examples of completed pledges on the No Time to Lose website.

When you've completed your pledge, please submit it electronically at www.notimetolose.org.uk/pledge. You can request an IOSH certificate demonstrating your commitment – we'll need to review your pledge first. You can also request an annual reminder to prompt you to review and revise your pledge.

Your pledge will remain anonymous, but we will add your name and logo to the pledge page of the No Time to Lose website unless you request otherwise.



Podprite kampanjo

- Zagotovite Izjavo in vaš logo
- Dobite paket podpore
- Širite besedo znotraj podjetja in nabavne verige
- Pridružite se več kot 190 organizacijam in podjetjem ...



Učinek kampanje

WORK-RELATED CARCINOGENS
HAVE BEEN HIGHLIGHTED
TO AT LEAST
470,000
EMPLOYEES



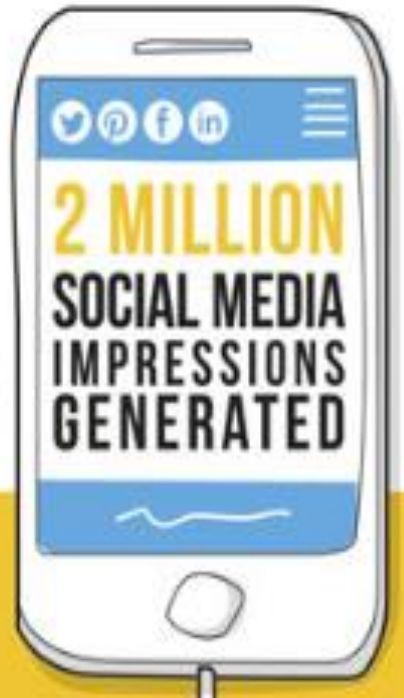
85,000 VISITORS
HAVE EXPLORED
WWW.NOTIMETOLOSE.ORG.UK



198 ORGANISATIONS
HAVE FORMALLY SUPPORTED
THE CAMPAIGN
AND HAVE AGREED TO RAISE AWARENESS OF
OCCUPATIONAL CANCER



MEDIA COVERAGE
HAS REACHED AN
AUDIENCE OF
OVER 65 MILLION



60,000 RESOURCES
DOWNLOADED

THE UK, SCOTLAND AND NORTHERN IRELAND
GOVERNMENTS ARE BACKING THE
NO TIME TO LOSE CAMPAIGN



The campaign
has been
presented at
127 events

25,000
FILM
VIEWS



100 BUSINESSES HAVE PLEDGED TO
MANAGE HARMFUL
EXPOSURES AT WORK



14,000
CAMPAIGN PACKS
DISTRIBUTED



Spletna stran kampanje – www.notimetolose.org.uk

NO TIME TO LOSE WORKING TOGETHER TO BEAT OCCUPATIONAL CANCER **iosh**

About News and events Free resources Get involved Ask the experts

A wake up call for work cancer

Cancer caused by work claims 666,000 lives a year worldwide

IOSH's No Time to Lose campaign aims to get the causes of occupational cancer better understood and **help businesses take action.**

[Find out more](#)

Time to act

"If we don't do something now, we're going to have thousands of occupational cancers every year - but if we take action we can beat it."

Dr Lesley Rushton, Imperial College London

[Watch our campaign film](#)

IS YOUR BUSINESS AFFECTED?

Get free resources to help tackle the problem

PLEDGE YOUR SUPPORT

Join these forward-thinking businesses

NEWS AND EVENTS

Keep up to date with the campaign activity

REAL LIFE STORIES

Hear from those that have been affected

READ OUR CASE STUDIES

See the initiatives organisations have developed

ASK THE EXPERTS

Get advice on work-related cancers

Spletna stran kampanje – www.notimetolose.org.uk/slovenia

NO TIME TO LOSE WORKING TOGETHER TO BEAT OCCUPATIONAL CANCER **iosh**

About | News and events | Free resources | Get involved | Ask the experts

A wake up call for work cancer
Cancer caused by work claims 666,000 lives a year worldwide
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[Find out more](#)

Raising awareness of silica dust exposure #silicasafe
Each year in Britain, nearly 800 people die from lung cancer caused by breathing in silica dust at work. Worldwide, millions of employees are exposed to the carcinogen.
[Read how we aim to tackle this issue](#)

IS YOUR BUSINESS AFFECTED?
Get free resources to help tackle the problem

PLEDGE YOUR SUPPORT
Join these forward-thinking businesses
Thames Water | JAGUAR | LAND-ROVER | MTR | Royal Mail | LAND CHALLENGE

NEWS AND EVENTS
Keep up to date with the campaign activity

REAL LIFE STORIES
Hear from those that have been affected

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ASK THE EXPERTS
Get advice on work-related cancers

[Twitter](#) [g+](#) [YouTube](#) [Pinterest](#) Follow the campaign!

VDIHLJIV KRISTALNI KREMEN: PODATKI
• Dejstva in števila • Izvedite več • Brezplačna sredstva

SODELUJMO V BOJU PROTI POKLICNEMU RAKU

V PRAH SE POVRENEŠ?
Kremenov prah je smrtno nevaren.

www.notimetolose.org.uk/slovenia

MALO PRAHU MI NE MORE ŠKODITI...
Kremenov prah je smrtno nevaren.
Kremenov prah ni enak prahu v vašem domu. Delci kremenovega prahu so majhni in prodrejo globoko v pljuča ter jih poškodujejo.
Tisoči po vsem svetu zbolijo za pljučnim rakom po vdihavanju prahu z materijalov, kot so kamni, mala ali opeka.
Ne vdihajte prahu – smanjšajte vlaganje emfiziema, silikozе in pljučnega raka.
Kremenov prah nastaja, ko vtisate, žagate, režete, peskate ali brusite beton, skrilavce, keramične ploščice, nekatera plastična kompozita in številne druge materiale. Z enim od naslednjih ukrepov poskrbite, da bo prah ostal na tleh:
- na prava za odsevanje na ročnem električnem orodju,
- škropljenje z vodo.
Zaščitite se z uporabo maske za zaščito dihal in preprečite, da bi vam nepravilni prah pridelil pljuča.
SODELUJMO V BOJU PROTI POKLICNEMU RAKU
Društvo varnostnih inženirjev Ljubljana podpira kampanjo "Ne smemo izgubiti časa: IOSH pri preprečevanju IOSH's preglednih servisov – več informacij na www.notimetolose.org.uk/slovenia

www.notimetolose.org.uk/slovenia

GLOBOK VDIH
www.notimetolose.org.uk/slovenia

IZPUŠNI PLINI DIZELSKIH MOTORJEV: PODATKI
• Dejstva in števila • Izvedite več • Brezplačni viri

SODELUJMO V BOJU PROTI POKLICNEMU RAKU

VAŠ ZADNJI VDIH?
IZPUŠNI PLINI DIZELSKIH MOTORJEV VAS LAHKO UBIJEJO.

www.notimetolose.org.uk/slovenia

ZBUDITE SE IN ZAVOHAJTE DIZEL
IZPUŠNI PLINI DIZELSKIH MOTORJEV VAS LAHKO UBIJEJO.
Če vdihnete dizelske izpušne pline slabe kakovosti, lahko zbolite za pljučnim rakom ali rakom mehurja. Tisoči umrejo vsako leto zaradi raka, ki ga povzročijo dizelski izpušni plini v delovnem okolju. Ne pustite, da bi bili dizelski izpušni plini vašo smrtno obsodbo.
Bodite pozorni na znake, da je lahko dizelsko gorivo v zrak letav:
- sajseti delci na stenah ali drugih površinah
- dimna maglica med uporabo dizelskih motorjev
- moder ali črn dim iz izpušnih cevi dizelskih motorjev
Pogovorite se s svojim predstaviteljem, če opazite katerega od teh znakov.
SODELUJMO V BOJU PROTI POKLICNEMU RAKU
Društvo varnostnih inženirjev Ljubljana podpira kampanjo "Ne smemo izgubiti časa: IOSH pri preprečevanju IOSH's preglednih servisov – več informacij na www.notimetolose.org.uk/slovenia

www.notimetolose.org.uk/slovenia

ALI JE VREDNO TRUDA?
IZPUŠNI PLINI DIZELSKIH MOTORJEV VAS LAHKO UBIJEJO

Hvala

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