

# I AM THE SAME ONE IN BOTH SITUATIONS

Here I put on sunscreen cream...  
and here?



At work, sun protection creams **ARE**  
indeed considered as another **PPE**



The company must provide with them to the workers,  
in case of risk resulting from sun exposure in accordance with Directive 89/656/CEE,  
selection and use of PPE and its modification Directive 2019/1832.

Sunscreen creams **DO NOT** have **CE** according to the Regulation (UE) 2016/425.

They must be used as a complement to the rest of the PPE given to the workers.

## What do you need to know to...?

### Select a sunscreen



**Water and sweat resistant**

**Broad spectrum protection**  
They guarantee adequate protection against UVA and UVB radiation

**SPF**  
It is the category of sun protection. In the **workplace**, creams must have an **SPF 30** or higher

Unprotected skin suffers from sunburn after approximately 10 minutes of exposure to the sun (phototype II)

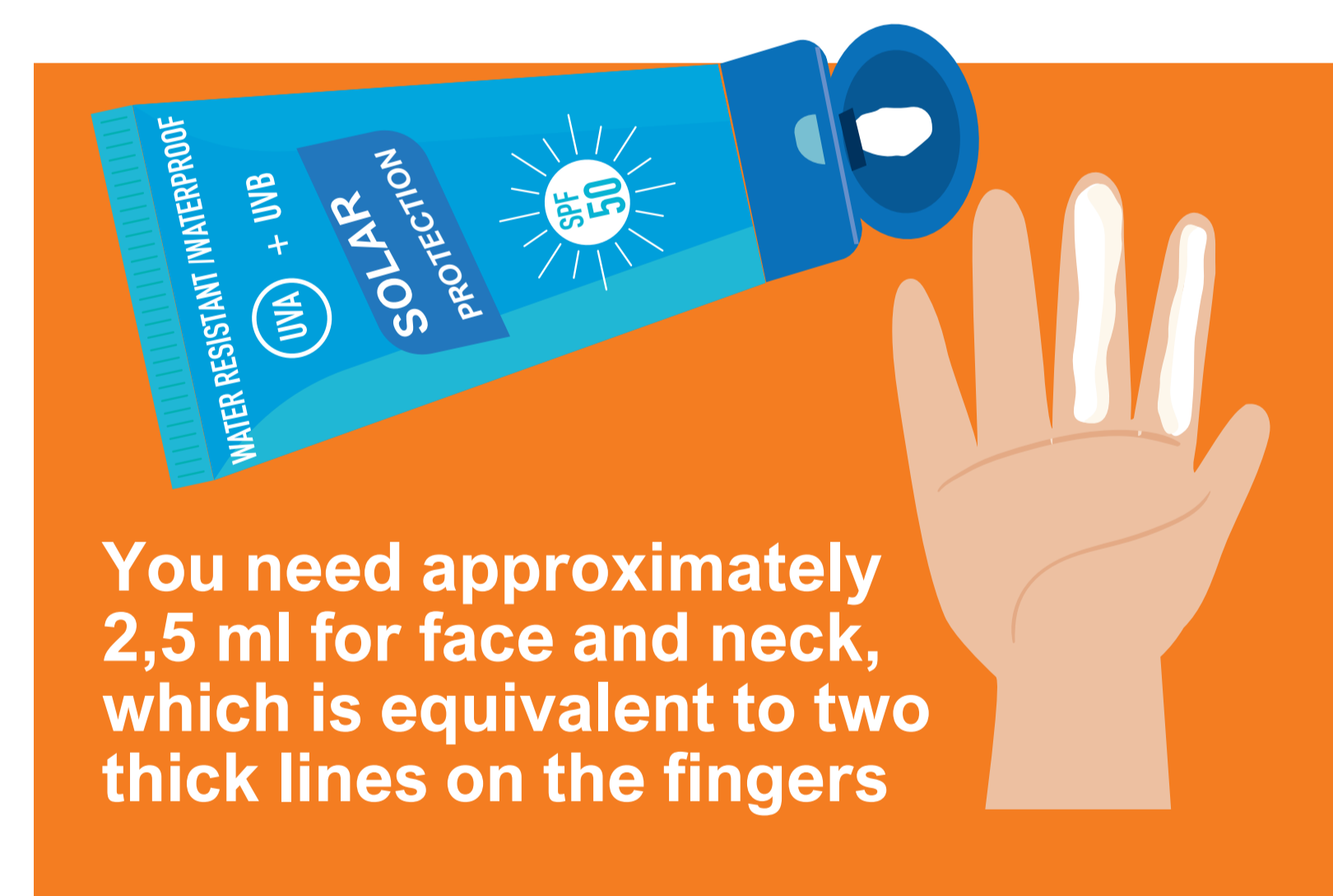
The **SPF** represents the number of times by which the time you can be exposed without suffering sunburn is multiplied.

SPF	Approximate time
5	50 minutes
15	150 minutes (2,5 hours)
30	300 minutes (5 hours)
50	500 minutes (8 hours)

Even if you cover your skin with an abundant layer of sunscreen cream with an SPF 30 the skin will burn if exposed to the sun for more than 5 hours.

The time to get burn depends on personal factors such as: skin phototype (from I to IV), ingestion of photosensitivity drugs, skin diseases, etc.

### Use it correctly



You need approximately 2,5 ml for face and neck, which is equivalent to two thick lines on the fingers

Apply 30 minutes before exposure to dry skin spreads it evenly  
Sweat and friction partly remove the product. Therefore, to ensure continuous skin coverage, it is necessary to reapply the sunscreen cream every 2 hours.

## Do not forget

- Protect you on **cloudy days** too.
- **All skin types** need to be protected from the sun, depending on the phototype they belong.
- **Effective sun protection routine:** wear protective clothing, sunglasses, a cap or hat, and sunscreen.
- **Take extreme precautions in the most sensitive parts of the body:** face, lips, neck, bald head, shoulders, neckline, ears and hands, using products suitable for each area of the body.
- **Drink water** frequently.
- Exposure to solar ultraviolet radiation is cumulative and can lead to long-term skin cancer and cataracts.



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