



UV and Light Exposure

National Report Switzerland 2023

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1. Involved parties and their activities

UV exposure

Federal Office of Public Health (FOPH) www.bag.admin.ch

The main tasks of the FOPH are to protect the health of the public, to develop the Swiss health policy, and to ensure an effective and affordable healthcare system. In the field of UV radiation, the FOPH is mainly involved in primary prevention. It provides information on UV protection, Vitamin D, the potential hazards of using solaria and publishes a daily UV Index forecast.

The FOPH developed a programme on exposure of the population to ultraviolet radiation from the sun which was published in March 2023. The UV programme is aimed at the public and seeks to work with and alongside other institutions to reach all target groups in order to promote optimal exposure to radiation from the sun. The goals are to educate and inform the public on the use of appropriate sunglasses and textiles. To secondly raise awareness of the importance of effective shaded areas, and thirdly to promote a lifestyle with moderate UV exposure. Further information is available under the following link: [Sonne und UV-Strahlung \(admin.ch\)](#).

From 2022 until May 2023, the FOPH procured solaria measuring equipment which will be lent to the cantons for the solaria campaign. It conducted trainings for 17 cantons in order to prepare them for the inspections of sunbeds. The guidelines for solaria operators as well as guidelines for executive bodies which were published in 2020 have been further developed, describing options for age control and providing a checklist and an updated measurement protocol for the solaria campaign. Furthermore, the FOPH published a flyer addressing solaria visitors, providing information about how to use a solarium. Further information is available under the following link: [solaria](#).

On 25th April 2024, the FOPH and the Swiss Cancer League held for the third time a conference about UV radiation. The audience consisted of representatives of the state cancer league, interested federal and state law enforcement authorities, scientists and members of the Swiss Society of Dermatology and Venereology. The conference focused on eye protection and structural prevention measures. The presentations are available in German and French under the following link: [UV-Conference 2024](#).

Federal Office of Meteorology and Climatology (MeteoSwiss) www.meteoswiss.admin.ch

MeteoSwiss models the UV Index and provides the data for publication of UV Indexes.

Swiss Cancer League (KLS) www.krebsliga.ch

The Swiss Cancer League is an NGO dedicated to cancer prevention, patient-oriented research funding and supporting cancer patients. Concerning skin cancer prevention, they offer a wide range of consultation services, disseminate information and organise campaigns.

Swiss National Accident Insurance Fund (Suva) www.suva.ch

Suva, the Swiss National Accident Insurance Fund, is an independent company under public law providing insurance to people for both work as well as recreational accidents and injuries. Regarding UV radiation, SUVA offers advice to enterprises and publishes corresponding information as well as occupational exposure limits (OEL), with the intention to protect employees from excessive exposure to UV radiation. In 2022, within the framework of construction site inspections, SUVA carried out a survey and found that 8.8% of construction workers apply sun protection measures, meaning that they at least wear a T-shirt and a hat and use sunscreen. 34.9% of surveyed construction workers are aware of the topic of UV protection. From summer 2023 onward, sun protection measures will be enforced on construction sites. The goal is that by 2030, 75% of construction workers will protect themselves on construction sites.

L'Institut universitaire romand de santé au travail (IST) www.i-s-t.ch

This institute is involved in the promotion of occupational health, research, teaching, and consulting. The IST occasionally performs Occupational Safety Research in UV radiation.

Federal Food Safety and Veterinary Office (FSVO) www.blv.admin.ch

The FSVO is the Swiss Federal centre of excellence in the fields of food safety, nutrition, animal health, animal welfare and species conservation in international trade. Concerning UV Radiation, the FSVO disseminates information on sun protection products and vitamin D.

Light exposure

Federal Office of Public Health (FOPH) www.bag.admin.ch

The FOPH updated the [factsheet on LED lamps and LED lighting systems](#).

Federal Office for the Environment (FOEN) www.bafu.admin.ch

The Federal Office for the Environment FOEN is responsible for ensuring the sustainable use of natural resources, protecting people from natural hazards and protecting the environment from excessive burdens. In 2021, the FOEN published recommendations for the avoidance of light emissions: [enforcement aid](#).

Federal Office of Metrology (METAS) www.metas.ch

The Federal Institute of Metrology serves as the federal centre of competence for all issues related to measurement and for measuring equipment and measuring procedures. METAS collaborates with other metrology institutes, universities and industry conducting various research and development projects. It provides internationally recognised calibration and measurement services. METAS also carries out various measurements in photometry on behalf of the FOPH.

2. Policies and Legislations: Implementation O-NIRSA

Protection of the public from non-ionizing radiation and sound

The Federal Act on Protection Against Hazards Arising from Non-Ionizing Radiation and Sound (NIRSA) and the Ordinance to the Federal Act (O-NIRSA) regulate the use of sunbeds and cosmetic NIR-applications, restrict the use of laser pointers and further put limits on sound levels and laser radiation at public events.

With regard to cosmetic NIR-applications, the FOPH revises biannually the Ordinance, which lists certificates of competence for treatments for aesthetic purposes. Currently, 15 examination bodies, which also provide training, are authorized to issue certificates of competence. There are about 27 applications of prospective examination bodies.