



UV and Light Exposure

National Report Switzerland 2022

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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 \(admin.ch\)](#).

The guidelines for solarium 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 solarium campaign. In 2022, the FOPH procured solarium measuring equipment which will be lent to the cantons for the solarium campaign. It conducted trainings for 10 cantons in order to prepare them for the inspections of sunbeds. Furthermore, the FOPH published a flyer addressing solarium visitors, providing information about how to use a solarium. Further information is available under the following link: [solaria](#).

The FOPH participated in the monthly meetings with WHO collaborating centres and supported the implementation of the Global SunSmart app by conducting tests, providing translations and promoting the app via social media.

For the third time, the FOPH and the Swiss Cancer League are planning a conference about UV radiation which will take place in spring 2024. The audience will consist 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 will most likely focus on eye protection and structural prevention measures.

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 8-9% of construction workers apply sun protection measures, meaning that they at least wear a T-shirt and a hat and use sunscreen. 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 published a [factsheet on screens and projectors](#) regarding blue light exposure and potential health effects as well as a [factsheet on artificially created daylight](#).

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

The Swiss Federal Council mandated the FOEN in 2013 to update their recommendations from 2005 on prevention of superfluous light emissions that can have an impact on human health. The FOEN published a background report in April 2016. In 2017, public consultation on the revised enforcement aid “light emissions” took place. The [enforcement aid](#), recommendations for the avoidance of light emissions, was published in 2021.

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 Swiss Federal Council passed the Federal Act on Protection Against Hazards Arising from Non-Ionizing Radiation and Sound (NIRSA) on June 16th 2017 and the Ordinance to the Federal Act (O-NIRSA) on February 27th 2019. Both law and ordinance came into force on June 1st 2019. This law and ordinance 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.

Concerning UV exposure, the O-NIRSA stipulates several measures to reduce health risks from solaria to a tolerable level. Operators of solaria must provide users with properly installed, used and maintained solaria equipment according to the safety regulations of the solaria manufacturers. Operators must equip and operate their solaria in such a way that persons under the age of 18 have no admittance. Furthermore, operators must inform potential users about UV radiation risk groups and provide an appropriate exposure time schedule to each solaria user. The FOPH supports the cantons in the measurements and inspections of sunbeds.

With regard to laser pointers, Switzerland prohibits the import, transit, supply and possession of class 1M, 2, 2M, 3R, 3B and 4 laser pointers in accordance with SN EN 60825-1:2014. In order to prevent safety-relevant visual glares, class 1 laser pointers may only be used indoors for pointing purposes. Since June 1st 2019, 1399 laser pointers in 888 cases were seized by the Federal Office for Customs and Border Security and forwarded to the FOPH. The FOPH assesses the legality of each received laser device, carries out measurements and informs the importer. Laser pointers that are found to be illegal are then forwarded to the office of public prosecutors for further processing.

The O-NIRSA further regulates events involving laser radiation. Since December 1st 2020, anyone holding an event involving the operation of laser equipment of classes 1M, 2M, 3R, 3B or 4 in Switzerland must appoint a qualified person to operate the laser equipment and notify the FOPH about the event via a new online notification portal. In 2022, the FOPH revised the Ordinance, which lists level 1 and 2 certificates of competence that a particular examination agency may issue. Currently, two examination agencies, which also provide training, are authorized to issue certificates of competence. The FOPH assumes responsibility for enforcing the regulations on events involving laser radiation. It enhanced cooperation with the cantons and therefore also published a new flyer which describes the legal requirements for events involving lasers and sound. Further information is available under the following link: [events involving laser radiation](#).

With regard to cosmetic NIR-applications, the FOPH revises biannually the Ordinance, which lists certificates of competence for treatments for aesthetic purposes. Currently, 9 examination agencies, which also provide training, are authorized to issue certificates of competence.