

UV and Light exposure

National Report Switzerland

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1. **Involved parties and their activities**

UV exposure

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

The FOPH is mainly involved in primary prevention in the field of UV radiation, i.e. dissemination of information on UV protection or sunbeds, publishing daily UV Index forecast as well as real time measurements of the UV Index.

UV-Index Link: https://www.bag.admin.ch/bag/de/home/themen/mensch-gesundheit/strahlung-radioaktivitaet-schall/elektromagnetische-felder-emf-uv-laser-licht/sonne_uv-strahlung/Prognose.html

Additionally the FOPH published factsheets on Vitamin D.

As national public health authority, the FOPH prepares and maintains the legislation (cf. next section).

Federal Food Safety and Veterinary Office www.blv.admin.ch

The FSVO is the Swiss federal centre of excellence for the fields of food safety, nutrition, animal health, animal welfare and species conservation in international trade.

Information about sun protection i.e. sun cream are published on their website.

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

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

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.

The Swiss Cancer League, in collaboration with the FOPH, is planning to realize a conference about preventing measures of sun exposure and to develop new school material in order to educate schoolchildren about the risk of UV radiation.

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

Suva, the Swiss National Accident Insurance Fund, is an independent company under public law and insures people at work and at leisure. Regarding UV radiation, SUVA gives 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.

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

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

Light exposure

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

The FOPH published factsheets on LED lamps. Planned is a factsheet regarding blue light hazard from displays.

Research Activities supported by the FOPH

The FOPH mandated the Federal Institute of Metrology (METAS) to assess screens from different electronic devices (tablets, smartphones, e-readers, Laptops and Screens) regarding the following risks:

- Blue light hazard
- flicker
- Influencing circadian rhythms
- UV- and IR-exposure

The results showed that the light exposure coming from smartphones, E-readers, tablets, laptops and screens are safe regarding a possible blue light hazard effect. The measurements showed that the effect for melatonin suppression during the night depends on the spectral distribution and correlates well with similar colour temperatures. However, it is not possible to quantify the influence of the light exposure on the circadian rhythms.

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

The FOEN publishes guidelines for the protection of light emission that can have an impact on human's health. The guidelines have already been published in the year 2005. The Swiss Federal Council mandated the FOEN to renew those guidelines, which have been in public consultation until June 2017.

State Secretariat for Economic Affairs (SECO) www.seco.admin.ch

SECO is the federal government's centre of excellence for all core issues relating to economic and labour market policy.

Concerning optical light, the SECO, in collaboration with the FOPH, will work on a factsheet regarding "human centric lighting".

2. New Policies and Legislations

Protection of public from non-ionizing radiation and sound

The Parliament adopted the Federal Act on Protection against hazards arising from non-ionising radiation and Sound (NIRSA) in June 2017. After that, the FOPH elaborated the corresponding ordinance. The ordinance regulates the use of sunbeds. It prohibits the use of sunbeds of minors (<18yr) and establishes the duties of the operators. Furthermore, it establishes that a certificate of competence is necessary for treatments with products that emits ultrasound, light or radiofrequency. The ordinance was in public consultation from February 14 until May 31 2018. After evaluation of the public consultation and after the adaption of the ordinance, the federal council will enact the regulation in the first half of 2019

3. New public information activities

UV Meeting at the 13th of September 2018

The Swiss Cancer League and the FOPH organises a UV Meeting in Berne at the 13th of September 2018. The aim of the meeting is giving an overview about recent developments in the field of UV prevention, skin cancer, Vitamin D and sunbed use. The target audience are members of the cancer leagues of the cantons, members of Federal or cantonal agencies, scientists and member of the Swiss Society of Dermatology and Venereology.