



## SUNSMART UV ALERT

Show photo on the next page or your own phone.

The sun gives off infrared radiation, which we feel as heat, visible light that we can see, and UV radiation, which cannot be seen or felt. That means you cannot tell if UV levels are high or low based on the days temperature. UV levels can be high even on cool or cloudy days. You can check UV levels for your local area with the SunSmart UV Alert. When UV levels are forecast to be 3 and above, the UV rays are strong enough to damage the skin and sun protection is recommended.

### You can check the UV Alert on:

- The free SunSmart app for iPhone, Android and Samsung,
- Daily newspapers, or;
- Visit [cancercouncil/sunsmart.org.au](http://cancercouncil/sunsmart.org.au)

## LEGIS- LATION

UV radiation is a known cause of workplace injury and disease. Therefore, in meeting WHS legislative requirements all businesses employing outdoor workers should address UV radiation as a workplace hazard and develop and implement control measures (including PPE) to ensure that workers are protected. Workers also have a responsibility for taking care of their health and complying with reasonable WHS policies in relation to sun protection.

## REDUCE THE RISK

### **ASK: Can you think of ways to reduce your exposure to UV radiation while working outdoors? Use the following points to promote discussion:**

- Whenever possible work under shade - trees, or portable and permanent shade structures.
- Where practical move the job indoors.
- Plan work so that outdoor tasks are scheduled earlier in the morning or later in the day. Tasks being worked on in the middle part of the day should be done in the shade.
- Other ways:
- Move away from reflective surfaces such as water, concrete, sand, glass, roofing iron, and snow.
- Make sure vehicles have tinted windows.

## REDUCE THE RISK

Show photo on the next page and discuss

If you cannot avoid working outside in the sun always use appropriate PPE and reduce your risk of UV exposure in other ways.

### **ASK: What is appropriate PPE to reduce your risk of exposure to UV radiation?**

Use the following points to promote discussion:

- **Slip** on a long-sleeved shirt with a collar and trousers (or longer shorts) made from material with an ultraviolet protection factor (UPF) of 50+. Make sure the material is lightweight to keep you cool in the heat.
- **Slap** on broad-spectrum, water-resistant sunscreen with a sun protection factor (SPF) of 30+ or higher. Apply sunscreen 20 minutes before going out in the sun and reapply every two hours (for example during your breaks).
- **Slap** on a sun-protective hat that shades the face, head, ears and neck. It should be broad-brimmed, bucket or legionnaire style (caps do not protect your neck and ears). Or wear attachable brims and neck flaps when wearing a hard hat.
- **Seek** shade, particularly when you take your breaks.
- **Slide** on wrap-around sunglasses that are close fitting and that meet the Australian Standard AS/NZS 1067:2003 - category 2, 3 or 4 or safety glasses that meet AS/NZS 1337, 1:2010

## CHECKING YOUR SKIN

### **Hand out a “Can you spot skin cancer” flyer:**

The good news is that most skin cancers (including melanoma) can be treated successfully if diagnosed and treated early.

**Get to know your own skin.** By getting to know your own skin, you are much more likely to notice anything new or different.

Check your skin every three months and see your GP as soon as possible if you see a:

- new spot that wasn't there before
- sore or lesion that doesn't heal
- spot that looks different from other spots around it
- spot, mole or unusual freckle that has changed in shape, size, or colour, or;
- any skin spot that you are worried about.

## RESOURCES

- Managing the work environment and facilities: Code of Practice (WorkCover NSW) here.
- Guidance note for the protection of workers from the Ultraviolet radiation in Sunlight (2008) SafeWork Australia here.
- Free SunSmart app for iPhone, Android and Samsung here.
- Can you spot a skin cancer resources here.
- Skin cancer and outdoor workers pamphlet here [www.cancer.org.au/content/pdf/factsheets](http://www.cancer.org.au/content/pdf/factsheets)
- Workplace sun protection information: [www.cancer.org.au/content/pdf/PreventingCancer/BeSmart/skin-cancer-outdoor-worker-brochure.pdf](http://www.cancer.org.au/content/pdf/PreventingCancer/BeSmart/skin-cancer-outdoor-worker-brochure.pdf)

**Good Protection:** helmet with neck flap, wraparound sunglasses & long sleeved clothing



Image: Courtesy of Queensland Health



### UV Index

11+	Extreme
8,9,10	Very High
6,7	High
3,4,5	Moderate
1,2	Low

Sun protection is generally not needed unless outside for extended periods.

#### 5 ways to protect yourself

- 1. Slip on sun-protective clothing
- 2. Slap on SPF30+ sunscreen. Apply every 2 hours
- 3. Slap on a broad brimmed hat
- 4. Slide on wrap-around glasses
- 5. Seek shade

Download the free **Sunsmart app** to your phone and check each day. Need sun protection if the UV levels are 3 or over.

