TOOLBOX

TOPIC

SKIN CANCER PREVENTION



NB. Before undertaking this toolbox you will need to order or print skin cancer brochures outlined in the resources section on page 3

TOPIC OVERVIEW	Sun protection and the prevention of skin cancer This toolbox talk covers the laws and safe work methods associated with sun protection and skin cancer prevention.	DATE: / /
OBJECTIVES	Participants will learn about: Work Health and Safety (WHS) legislation as it applies to sun protection in the workplace. Different types of skin cancer and who is at increased risk. How to reduce the risk of skin cancer when working outdoors.	SUPERVISOR/ MANAGER:
KEY MESSAGES	 Understand you have an increased risk of skin cancer when working outdoors. Check the SunSmart UV Alert to see if UV levels are 3 or above. Understand that both businesses and workers share a 'duty of care' to reduce workplace exposure to UV radiation. Where possible, move tasks indoors or in the shade and take breaks in the shade. Wear suitable personal protective equipment (PPE) to protect yourself from the sun (sunscreen, a broad brimmed hat or a helmet with neck flaps, longer-style clothing, and sunglasses or safety glasses that meet the Australian Standard. Check your skin regularly and see your GP immediately if you notice any changes. 	EMPLOYEE NAMES:
INTRO- DUCTION & SKIN CANCER INFOR- MATION	Hand out a "Can you spot skin cancer" flyer. There are 3 main types of skin cancer. 1. Melanoma is the least common but most dangerous form of skin cancer and can spread to other parts of the body. In Australia, more than 11,500 new cases of melanoma are diagnosed every year and over 1,500 people die because of it. 2. Squamous cell carcinoma (SCC) – not as dangerous as melanoma but can spread to other parts of the body if not treated. 3. Basal cell carcinoma (BBC) – most common type of skin cancer and the least dangerous. Squamous cell carcinoma and basal cell carcinoma are called non-melanoma skin cancer (NMSC). NMSC is the most commonly diagnosed cancer in Australia with over 430,000 new cases every year.	

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	
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 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. Slop 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.

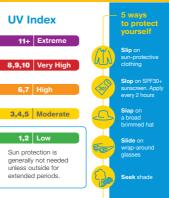
RESOURCES

- 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
- Workplace sun protection information: 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







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

