



Sun Safety

Effective date	17 June 2008
Date reviewed	1 June 2012
Review date	February 2015
Guideline owner	Human Resource – Work Health & Safety
Applies to	All Parish workers - Employees, Contractors, Sub-Contractors, Volunteers; & Visitors
Legislative requirements	WHS Act 2011 & WHS Regulation 2011 Cancer Institute of NSW January 2008
Pages	2

Policy

The Parish recognises working outdoors involves a risk of sun related illness. The Parish aims to reduce the incidence of skin cancer and other sun related illnesses in all workers. In order to do this, the Parish will encourage workers to conduct all outdoor work outside of high exposure times of 10am to 2pm (11am to 3pm during daylight savings). In addition, all outdoor workers should wear long pants, long sleeves, a wide brimmed hat, sunscreen and if applicable, sun glasses. The Parish will provide sunscreen for use by outdoor workers.

In conditions of extreme heat, it is also important for workers to remain hydrated. The Parish will encourage workers to take a break at least hourly and drink water. If workers are feeling the effects of heat, eg dizziness, they should stop work immediately and rest in the shade.

1.1 Information

Australia has the highest rate of skin cancer in the world with about two out of every three people being treated for skin cancer at some stage in their life. Outdoor workers are at risk of getting skin cancer because of their high exposure to Ultra Violet Rays (UVR) over extended periods of time. The WHS Act states that persons conducting a business or undertaking (PCBU) have a duty of care towards their workers. This means that if workers are working outside they must be protected from the sun's harmful rays – UVR.

Workers also have a duty under the act to follow the reasonable directions of the PCBU for their health and safety. This means, when the Parish provides sun protection and / or has a policy in relation to working outdoors, the protection must be used and the policy followed.

1.1.1 Reduce the Risk

To find out the UV Index in your city you can go to:

www.bom.gov.au/products/uvindex_national.shtml or, listen to the radio/TV weather reports.

The UV Index referred to in the weather reports is a measure of the maximum daily level of ultraviolet radiation (UVR). If the UV rating is 3 or greater you should wear sun protection as listed above and detailed below and wherever possible, work in the shade.

(Source: Australian Radiation Protection and Nuclear Safety Agency)



1.1.2 Protect your skin



1. Shade

The strength of UV radiation is highest in the four-hour period around noon: 10am to 2pm or, during daylight savings: 11am to 3pm. The best thing you can do for your skin is to avoid the sun during this period and seek shade. Plan your day.



2. Protective Clothing

Wear clothing that covers as much skin as possible, especially your shoulders, arms and legs. The best forms of protective clothing are loose fitting, closely woven fabrics that cast a dense shadow when held up to the light.



3. Broad-brimmed hat

A hat with a brim of at least 7cm is a great way to protect not only the top of your head but also your neck, ears and face. These are parts of the body where skin cancer often occurs.



4. Sunglasses

The most effective way to protect your eyes is to wear sunglasses that meet the Australian Standard AS 1067 and wrap around the sides of the face. This way UVR doesn't reach your eyes.



5. Sunscreen

Used properly, sunscreens are effective in preventing sunburn. This means generously applying SPF30+ broad spectrum sunscreen to your skin, 20 minutes before you head outdoors. Remember to re-apply every two hours.