

# Safe Work Instruction

## Working Outdoors



### INTRODUCTION:

This document covers the protection of personnel working outdoors from Ultraviolet Radiation (UVR).

Sunburn is the most common ill effect of over exposure to the sun.

Continued and prolonged exposure to the sun results in a high risk of developing skin cancers.

Exposure to UVR is the major cause of skin cancers in Australia.

Skin may be damaged by the sun even on a cloudy day.

UVR exposure from the sun is strongest between 10AM and 2.00PM (11.00AM and 3.00PM daylight saving time).

Checks should be carried out on parts of the body with the most exposure; for example, face, ears, neck, shoulders, arms and hands (refer your GP or Skin Cancer Clinic).

### WORK INSTRUCTION:

- Wear a hat with a broad brim that protects the ears and neck or a legionnaire's style cap.
- When hard hats are a requirement a brim should be attached.
- Wear loose fitting (light coloured if possible) long pants and long sleeved shirts (sleeves rolled down).
- Where your skin is exposed to the sun it should be protected by liberally applying a SPF 30+ broad spectrum sunscreen which needs to be repeated every two hours or more frequently if sweating excessively.
- Eyes shall be protected by the wearing of safety sunglasses.
- Relocate work to a shady area if possible or, erect temporary shade if practical and stay out of the sun during scheduled breaks.