

OUTDOOR WORKERS:

Be Sun Safe

Sun Safety at Work Workplace Risk Assessment

Outdoor workers are at increased risk for developing skin cancer due to their workplace exposure to the sun (Canadian Dermatology Association, 2007). Proper sun protection is important if you spend time outdoors and are exposed to ultraviolet radiation from the sun. Excessive ultraviolet radiation (UV) exposure can cause damage to your skin and eyes as well as premature aging of the skin. It can also affect your immune system.

People of all skin colours are at risk for skin cancer. Landscapers, lifeguards, child care providers, construction workers, police, coaches and others who are exposed to regular doses of UV radiation are at an increased risk for skin cancer, sunburn and eye damage.

Providing a safe workplace is a legal requirement for all businesses (Ministry of Labour).

Benefits of a sun safety program for outdoor workers

For employees, the key is prevention. By implementing prevention measures, employees can reduce their risk of developing skin cancer.

For employers, measures for skin cancer prevention will:

- Improve the health of employees
- Decrease time away from work due to possible skin cancer treatments
- Maintenance of productivity levels
- Lower health benefit costs

In the United States in 2004, it is estimated that sun-related skin disease costs amounted to over \$6 billion (Canadian Dermatology Association, 2007).

Why complete the workplace risk assessment?

Completion of the Workplace Risk Assessment will assist you to identify:

- Workplace and employee practices that influence their health risks associated with UV exposure
- Ways to reduce risks and UV exposure to create a sun safe work environment

The checklist rates some risk factors as being high or low risk but does not quantify the risk involved. This is because everyone has some level of risk and efforts must be made to reduce risk regardless of severity. Also, levels of risk will change according to the season.

Use the checklist to identify risks and to assist you to create a plan to set goals for practices that will make your workplace sun safe. Evaluate the effectiveness of your plan by reassessing your workplace UV risk. Over time, you can identify the changes in your practice that contribute to making your workplace sun safe.

Sun Safety at Work

Workplace Risk Assessment

Date _____

Department _____

Assessed by _____

Hours of work outdoors

- Before 11:00 am
- After 4:00 pm
- 11:00 am – 4:00 pm
- All day



Seasons of work outdoors

- Winter
- Autumn/Spring
- Summer
- All year



Presence of reflective substances

(An increased number of factors increases the magnitude of risk)

- | | |
|---------------------------------------|--------------------------------|
| <input type="checkbox"/> Concrete | <input type="checkbox"/> Sand |
| <input type="checkbox"/> Glass | <input type="checkbox"/> Snow |
| <input type="checkbox"/> Roofing iron | <input type="checkbox"/> Water |

Have employees ever been sunburned at work?

- Yes
- No

Use of personal protective equipment/clothing

	Required/ Available	Utilized
Uniform/dress code:		
Long sleeved shirts	<input type="checkbox"/>	<input type="checkbox"/>
Long pants	<input type="checkbox"/>	<input type="checkbox"/>
Wide brimmed hat/ construction hat with neck protection	<input type="checkbox"/>	<input type="checkbox"/>
Sunglasses (UVA & UVB protected)	<input type="checkbox"/>	<input type="checkbox"/>
Sunscreen (SPF 30 or higher)	<input type="checkbox"/>	<input type="checkbox"/>

Shade during work

- Some indoor work
- Total shade
- Partial shade
- No shade



Shade at rest breaks

- Indoor area
- Total shade
- Partial shade
- No shade



Do you have a written sun safety policy?

Yes

No

Do you provide a sun safety employee education & awareness program?

Yes

No

If yes, what is included

Educational sessions

Yes

No

Posters

Yes

No

Displays

Yes

No

Newsletter articles

Yes

No

Email messages

Yes

No

Fact sheets

Yes

No

Payslip inserts

Yes

No

Other _____

Is education part of an orientation program?

Yes

No

Is the education updated annually?

Yes

No

Is Canada's UV index posted daily?

Yes

No

Are work expectations adjusted during high UV index and heat alert days?

Yes

No

Do you provide drinking water?

Yes

No

Risks identified:

Goals and objectives to reduce identified risks:

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A comprehensive sun safety program includes:

1. Education and awareness
2. Supportive environments for employees that address:
 - Work hours
 - Uniforms and dress codes
 - Provision/use of sunscreen and sunglasses
 - Provision of shade and drinking water
3. Policy:
 - Written guidelines to ensure and support sun safe practices for all employees.

Adapted from:

Sun Safety for Outdoor Workers: A skin cancer prevention program for outdoor workers, CDA 2007

UV Risk Assessment, Anti-Cancer Council of Victoria, Australia.

For more information on sun safety at work, please contact
York Region Health Connection at **1-800-361-5653**

