

SunSmart workplace

Info sheet for workers



Why sun safety matters

The sun's ultraviolet (UV) rays are the main cause of skin cancer. People who work outdoors are exposed to up to 10 times more UV than those working indoors.

Damage from UV can happen even on cool, cloudy or windy days, and once it occurs, it can't be undone. Over time, this damage builds up and greatly increases the risk of skin damage and skin cancer later in life.



Roles and responsibilities

Employer responsibilities:

By law, employers must provide a safe workplace. This includes protecting workers from sun exposure. Employers, also called 'person conducting a business undertaking' (PCBUs) must:

- identify sun exposure risks at work
- put controls in place to reduce risks.

If you are self-employed, you are responsible for protecting:

- yourself
- anyone who works with you, including staff and volunteers.

This means making sure sun protection is used at work.

Worker responsibilities

Workers must:

- follow their workplace **sun protection rules**
- wear **protective clothing and equipment (PPE)**
- apply **sunscreen regularly**

If you work outdoors and **sun protection is not provided**, you should speak to:

- your manager
- your health and safety representative.

Every year in **Australia**, it's estimated that over

200 melanomas and

34,000

other skin cancers are caused by

UV exposure in the workplace.



Looking out for skin cancer

Skin cancer can be successfully treated if found early but can be fatal if left untreated.

Skin cancer can grow quickly, so it's important to become familiar with your skin and check in regularly, so you can spot any changes early.

How to check your skin

- Undress completely and make sure you have good light.
- Check your whole body, including the soles of your feet, between your toes, your armpits, ears, eyelids, under your fingernails and scalp.
- Use a hand-held mirror, or have someone help you, to check areas you cannot see such as your back, the back of your neck and legs.
- Look for a new spot or a spot that has changed in size, shape or colour, or one that is different from the others around it.
- Look for a sore that does not heal.

Know your skin and see your doctor if you notice a change.

For more information on what to look for visit

cancercouncil.com.au/cancer-prevention/screening/checking-for-skin-cancer



How to protect your skin at work



Slip



Slop



Slap



Seek



Slide

- ✓ The best way to reduce UV exposure is to **limit time in direct sunlight**. Where possible, plan outdoor work outside peak UV times and use shade when you can.
- ✓ **Wearing the right clothing** helps protect your skin. Choose lightweight, long-sleeved shirts and long pants made from closely woven or UPF-rated fabric.
- ✓ Protect your head and eyes by **wearing a wide-brim hat or a hard hat with a brim or neck flap**, along with wrap-around sunglasses that meet Australian standards.
- ✓ **Use sunscreen** on any exposed skin. Apply broad-spectrum 50+ sunscreen before going outside and reapply every two hours, or more often if sweating. Don't forget areas like ears, neck, hands and lips.



Remember

UV damage builds up over time. People who work outdoors or near reflective surfaces should use sun protection year-round, even when UV levels are lower. UV levels vary across Australia — check daily sun protection times and UV levels for your location.

You can access daily sun protection times and UV levels for your location:



- in the weather section of the newspaper
- using the free SunSmart Global UV app for your smart phone or tablet
- downloading the SunSmart widget for websites:
sunsmart.com.au/resources/uv-widget
- online at:
 - Bureau of Meteorology: bom.gov.au
 - ARPANSA: arpansa.gov.au
 - MyUV: myuv.com.au

Working **safely** in the sun **protects your health** now and into the future. Sun protection is simple, effective, and an important part of **working safely** whenever you're outdoors.

Be SunSmart with the free SunSmart Global UV app available at the App Store and Google Play.

