



# Sun Protection

## Aim

The aim of this policy is to provide information and guidance on a range of measures to protect workers and students against the harmful effects of ultra-violet rays and heat stress by implementing appropriate sun protection control measures.

## Relevant Policy

WHS 1: Work Health and Safety Policy

## Sharers of the Vision

Workers take reasonable care of their own safety and the safety of all persons who may be affected by their acts in the workplace. (Extract 2.12)

## Scope

This procedure applies to all workers (including employees, contractors and visitors) within Catholic Education Northern Territory.

## Overview

Too much ultraviolet (UV) radiation from the sun can cause sunburn, skin damage, eye damage and skin cancer. Australia has the highest incidence of skin cancer in the world, with two in three Australians developing some form of skin cancer during their lifetime.

Overexposure to the sun during childhood and adolescence is known to be a major cause of skin cancer. Even when it is cool and cloudy, people are still at risk from ultraviolet radiation.

## Responsibilities

It is the responsibility of the Principal to actively promote sun protection strategies and to establish and implement preventative measures that minimise the impact of ultra violet radiation and heat stress by:

- scheduling work, when possible, to avoid working in direct sunlight during peak sun hours;
- ensuring outdoor work is shared so that the same workers are not always out in the sun;
- encouraging workers to make use of shaded work areas whenever possible;
- erecting shade structures to work under or rest out of the sun when taking a break e.g. beach umbrellas, canopies;

- ensuring workers working outside wear loose, cool protective clothing such as a broad brimmed hat (at least 10cm wide), shirt with collar and long sleeves. Ideally, the fabric will be closely woven to reduce the penetration of sunlight through it. If shorts must be worn, choose knee length ones;
- provision of sun screen (minimum 30+ strength) which should be applied 20 minutes before heading into the sun and then regularly reapplied.
- encouraging workers who work in the sun as part of their jobs wear a lip screen which incorporates a sun screen;
- providing for workers who work in the sun wrap-around sunglasses that conform to Australian Standard AS1067 to protect against the development of cataracts and other eye diseases. If safety glasses are required they must conform to Australian Standard AS1337;
- increasing employee awareness of skin cancer, in particular how it is caused and how to recognise the early signs of it through education sessions and the provision of information pamphlets;
- preventing dehydration by ensuring regular fluid replacement;
- encouraging all employees to be excellent role models;
- providing signage at strategic locations to remind people about sun protection.

It is the responsibility of everyone to involve themselves in the sun protection strategies and to act as role models to students by:

- wearing sun protective hats, clothing and sunglasses when outside;
- applying at a minimum SPF 30+ broad spectrum, water resistant sunscreen regularly;
- seeking shade whenever possible;
- reinforcing and promoting sun protection strategies

## Legislation

Workplace health and safety laws require the working environment to be safe and without risks to health and safety, so far as is reasonably practicable. This applies to any risk to health and safety, including illness from working in heat.

## Sun Protection Strategies - Students

Sun Smart strategies must be considered when planning all outdoor events e.g. assemblies, camps, excursions and sporting events. Where possible, outdoor activities or events should be held earlier in the morning or later in the afternoon or indoor venues used.

It may be necessary for workers and students to use a combination of sun protection measures. Particular care must be taken between 10 am and 2 pm when UV Index levels reach their peak. There are a number of strategies that can be adopted to minimise the impact of ultra violet radiation and heat stress by:

- ensuring there is adequate provision of shade within the school grounds for workers and students, by planting trees and building shade structures;
- Incorporating appropriate educational programs that focus on skin cancer prevention into the school curriculum;
- Ensuring workers and students wear hats that protect their face, neck and ears at all times
- SPF 30+ broad spectrum (minimum) water resistant sunscreen is applied regularly when exposed to the sun;
- ensuring that a constant supply of cool drinking water is available;
- encouraging students to use shaded or covered areas at recess and lunchtime;
- ensuring adequate protection for all workers, parents and students involved in excursions and other outdoor activities requiring time in the sun;
- encouraging students to be actively involved in initiatives to protect the school population from excessive exposure to the sun.

## Associated Documents

### Legal

Work Health and Safety (National Uniformed Legislation) Act (9 September 2014) NT

Work Health and Safety (National Uniformed Legislation) Regulations (9 September 2014) NT

NT Code of Practice – Managing the Work Environment and Facilities

### Internal

WHS 2 Risk Management

### Other

Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation 2006

The Cancer Council, Skin Cancer and Outdoor Work: A Guide for Employers

NT WorkSafe Bulletin: Working in Heat

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Supporting Documents	Version No.
None	