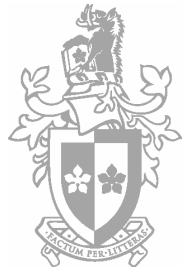


Health & Safety Information Sheet

Working in the Sun



Swinburne University is committed to providing a safe and healthy environment for work and study.

Hazards associated with working in the Sun

Australia has the highest incidence of skin cancer in the world with more than 380,000 people treated for the disease every year. Skin cancer is an almost-entirely preventable disease, and yet affects one in two Australians during their lifetimes.

Those at risk:

- Personnel / students in Horticulture areas
- Security Personnel
- Grounds & Maintenance staff
- Cleaners
- Personnel / students on field trips / outdoor activities

Management units wishing to assess the risk of exposure to their staff or students can use the UV Protection Self-assessment checklist

<http://www.swinburne.edu.au/corporate/hr/ohs/docs/UV%20Protection%20assessment%20checklist%20for%20working%20in%20the%20sun.doc>.

OHS recommends that management units incorporate the following preventative measures when working outdoors or undertaking outdoor activities.

Schedule	Schedule outdoor work / activities to avoid the hottest part of the day (10 am to 2 pm or 11 am to 3pm in daylight saving) Roster personnel / students to minimise times spent outdoors by any one person Ensure that outdoor work / activities are fully resourced for efficient completion
Shade	Set up work / activities in the shade of trees, buildings and other structures Create shade with portable structures As the shady areas move, the work / activities should be relocated within shade zones
Clothing	Clothing should be long sleeved and cover legs Clothing should be loose fitting and light coloured, closely woven fabric Hats with wide brims to be worn at all times
Skin	Apply SPF30+ broad spectrum sunscreen every two to three hours or after getting wet Protect lips with SPF30+ lip screen Note: sun screen should not be relied upon as the sole protection measure
Eyes	Sunglasses worn which comply with Austr
Hydration	Ensure appropriate supplies of water are available Personnel / students should aim to drink at least 2 glasses of water every hour

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