

## FURTHER INFORMATION

For further information on sun protection and skin cancer visit The Cancer Council Australia website, [www.cancer.org.au/sunsmart](http://www.cancer.org.au/sunsmart) or call The Cancer Council Helpline on 13 11 20.



Government of South Australia

SafeWork SA

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## A WORKPLACE SUN PROTECTION PROGRAM

Health and safety legislation in each Australian state means your employer has a legal responsibility to provide a safe working environment.

If you work outdoors and your workplace doesn't offer any sun protection measures, raise the issue with your Health and Safety representative or manager.

This legislation also states that, as an employee, you must cooperate with your workplace's sun protection program, so be sure to cover up against the sun.

If self-employed, it's in your best interest to look after yourself and use sun protection at work.



### ? DID YOU KNOW?

If your job requires you to work outside, tax deductions are available for sun protection products. Talk to your tax advisor or contact the Tax Office by calling 13 28 61 or visiting their website at [www.ato.gov.au](http://www.ato.gov.au)

## LOOKING OUT FOR SKIN CANCER

Early detection of skin cancer is important as skin cancer can be cured if treated early.

All Australian adults should regularly look at their skin for suspicious spots. A good way to remember is to check your skin with each change of season. Get to know your skin: what is normal for you and what has changed since the last time you looked?

## HOW TO CHECK YOUR SKIN

- 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, back of your neck and legs
- Look for a new spot or a spot that is different from the ones around it
- Look for a sore that doesn't heal
- Look for a spot or mole that has changed in size, shape or colour

Your state or territory Cancer Council will have an information leaflet with pictures and descriptions of skin spots to watch.

See your doctor as soon as possible if you notice anything unusual.

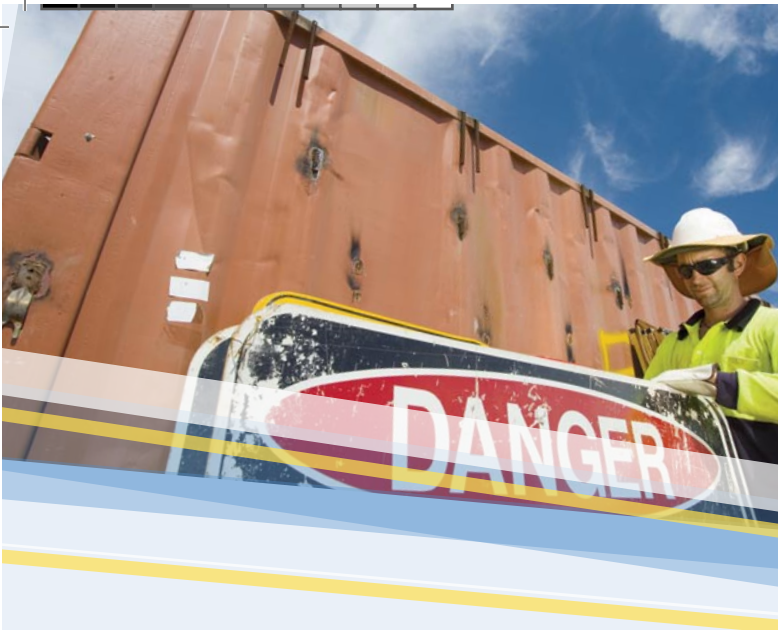
### ? DID YOU KNOW?

Skin cancer can grow quickly. Never rely on workplace skin cancer checks to detect skin cancer.



# Skin cancer and outdoor work

A guide for working safely in the sun



## ARE YOU AT RISK?

Spending long periods of time working outdoors, year after year, can put you at a high risk of skin cancer. This is because ultraviolet or 'UV' radiation produced by the sun is a known carcinogen (something that causes cancer).

All skin types can be damaged by exposure to UV radiation. Damage is permanent and irreversible and increases with each exposure. **Whenever working outdoors it is important to protect your skin from sunburn and skin damage that can lead to skin cancer.**

## WHY PROTECT YOUR SKIN?

Australia has the highest rate of skin cancer in the world. At least 1 in every 2 Australians will develop skin cancer during their lifetime.

Australia's skin cancer rates are high because Australia experiences some of the highest levels of UV radiation in the world. Even on cool or cloudy days, UV radiation can be strong enough to damage skin.

### ? DID YOU KNOW?

UV radiation cannot be seen or felt. It can damage our skin without us knowing.

## HOW TO PROTECT YOUR SKIN

When working outdoors The Cancer Council Australia recommends these five simple steps to protect against sun damage.

### 1 Reduce exposure to the sun's UV radiation

- Work and take breaks in the shade. Where no shade exists, use temporary portable shade
- Plan to work indoors or in the shade during the middle of the day when UV radiation levels are strongest
- Plan to do outdoor work tasks early in the morning or later in the afternoon when UV radiation levels are lower
- Share outdoor tasks and rotate staff so the same person is not always out in the sun

### 2 Slip on some sun-protective work clothing

- Cover as much skin as possible
- Long pants and work shirts with a collar and long sleeves are best
- Choose lightweight, closely woven material with an ultraviolet protection factor (UPF) of 50+
- Choose loose fitting clothing to keep cool in the heat

### 3 Slap on a hat

- A hat should shade your face, ears and neck
- A broad brimmed styled hat should have a 7.5 cm brim
- A bucket style hat should have a deep crown, angled brim of 6 cm and sit low on the head
- Legionnaire style hats should have a flap that covers the neck and joins to the sides of the front peak
- If wearing a hard hat or helmet use a brim attachment or use a legionnaire cover

### ? DID YOU KNOW?

There is no such thing as windburn. The wind may dry the skin but cannot burn it. What is described as windburn is actually sunburn.

### 4 Slide on some sunglasses

- Be aware that your eyes can also be damaged by the sun's UV radiation
- Wear close fitting, wrap around style sunglasses
- When buying new sunglasses, check the swing tag to ensure they meet the Australian Standard (AS/NZS 1067:2003 – category 2, 3 or 4) and are safe for driving
- Look for an eye protection factor (EPF) of 10
- Safety glasses that meet AS/NZS 1337 still provide sun protection
- Polarised lenses reduce glare and make it easier to see on sunny days

### 5 Slop on SPF 30+ sunscreen

- No sunscreen provides complete protection so never rely on sunscreen alone
- Choose sunscreen that is broad spectrum and water resistant
- Apply sunscreen generously to clean, dry skin 20 minutes before you go outdoors
- Reapply every two hours or more often when sweating
- Protect your lips with an SPF 30+ lip balm
- Always check and follow the use by date on sunscreen

Remember to use these five steps together for the best protection.



### ? DID YOU KNOW?

Levels of UV radiation are stronger in alpine regions and near highly reflective surfaces such as metal, concrete and snow. So use sun protection at all times.

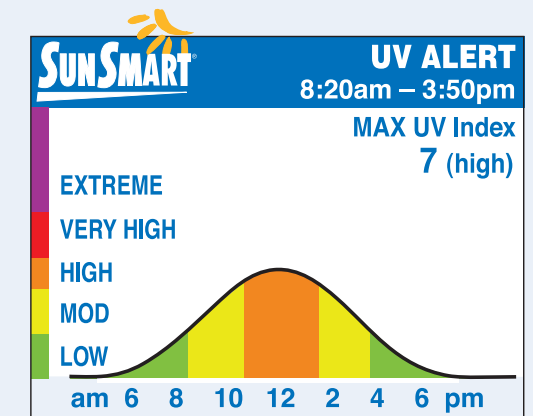
## WHEN TO PROTECT YOUR SKIN

UV radiation levels vary in strength across Australia on any given day. The UV Index describes the amount of UV radiation from the sun that reaches the earth's surface. The higher the number, the stronger the levels of UV radiation and the less time it takes for skin damage to occur.

When the UV Index is at 3 and above, the level of UV radiation in sunlight is strong enough to damage the skin.

The Bureau of Meteorology issues the SunSmart UV Alert whenever the UV Index is forecast to reach 3 and above. The SunSmart UV Alert appears on the weather page of all Australian daily newspapers and is available on the Bureau of Meteorology website. Visit [www.bom.gov.au](http://www.bom.gov.au) and search for 'SunSmart UV Alert'.

The time period displayed in the SunSmart UV Alert tells you when to use sun protection while working outdoors. And remember, extra care should be taken between 10am and 3pm when UV Index levels reach their peak.



Sample of a UV Alert

### ? DID YOU KNOW?

Heat or high temperatures are not related to levels of UV radiation. Temperature relates to the amount of infrared present in sunlight, not UV radiation.