

Quiz:

UV as a workplace hazard.

Below are some quick questions that cover the information included in the accompanying toolbox talk which can be used to assess the group's understanding of the topic of UV radiation as a workplace hazard.

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| Question 1 | True or false: a high temperature means the level of UV radiation is high? |
| Answer | False |
| Feedback | Temperature comes from the amount of infrared (heat) from the sun, not levels of UV radiation. Temperature cannot be used as a guide for when sun protection should be used. The UV can be high even on cool or cloudy days. |

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| Question 2 | True or false: even though you can't see UV radiation, you can still feel it? |
| Answer | False |
| Feedback | We cannot see or feel UV, which means that it can damage our skin without us knowing. If sunlight feels hot on your skin, it is likely to be infrared radiation which we feel as heat or an earlier sunburn which is now more sensitive to heat. |

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| Question 3 | True or false: people who work outdoors for extended periods, near reflective surfaces or at altitude, should use sun protection whenever outdoors? |
| Answer | True |
| Feedback | When the UV level is low, damage to our skin happens more slowly. However, because UV damage is permanent and adds up over time, it is recommended that if you work outdoors, sun protection is used at all times, regardless of the UV level. |

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| Question 4 | True or false: those who work outdoors receive five to 10 times more sun exposure each year than indoor workers? |
| Answer | True |
| Feedback | Outdoor workers are at greater risk of skin cancer because they spend long periods of time exposed to UV, for many years of their working life. |

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| Question 5 | True or false: sun protection at any age helps reduce your risk of skin cancer? |
| Answer | True |
| Feedback | Sun protection against UV radiation will help to reduce the lifetime risk of skin cancer for all ages because UV damage adds up over time. Every incidence of sun exposure without protection further increases the risk of skin cancer. |

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| Question 6 | True or false: a baseball cap provides good protection from UV radiation? |
| Answer | False |
| Feedback | A baseball cap might protect your scalp, but fails to provide adequate protection to the face, ears and neck. Suitable hats include broad-brimmed or hard hat attachment, bucket hat or a legionnaire style. Legionnaire hats are similar to a cap but has a flap at the back that provides added protection to the neck and ears. |

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| Question 7 | True or false: checking your skin regularly involves self-examination once every year? |
| Answer | False |
| Feedback | Some aggressive forms of skin cancer can develop and become very serious within a short period of time (as little as six weeks). Only checking your skin annually puts you at risk of finding a skin cancer at a late stage, reducing your treatment options and potentially affecting the treatment outcome. That is why it is recommended that individuals check their own skin on a regular basis. |

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| Question 8 | True or false: Australia has one of the highest rates of skin cancer in the world; however, it is only a harmless disease that is easy to treat and cure? |
| Answer | False |
| Feedback | More than 2,000 people die each year in Australia from skin cancer, 70 per cent from melanoma, and 30 per cent from non-melanoma skin cancers. Not all skin cancers can be treated by removal through surgery. Melanoma can become life-threatening in as little as six weeks if not diagnosed or treated early. |

For more information, visit cancer.org.au/sunsmart

