

UV risk control for outdoor work.

Use this worksheet to assess if there is a risk of hazardous levels of exposure to ultraviolet (UV) radiation from the sun associated with performing a role in your organisation.

Work location:	Description of task(s) performed:
Assessed by:	
Health & Safety Representative:	
Date:	

1. UV risk assessment

To assess UV risk, tick the most relevant box for each factor below. Each category adds to the accumulated level of risk; please assess the risk based on the combination of factors.



Time of day spent in the sun (including in vehicles without tinting)

<input type="checkbox"/> all day	<input type="checkbox"/> 10am-3pm	<input type="checkbox"/> 3-5pm	<input type="checkbox"/> 8-10am	<input type="checkbox"/> after 5pm	<input type="checkbox"/> before 8am	<input type="checkbox"/> at night
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Altitude of worksite

<input type="checkbox"/> more than 1500m	<input type="checkbox"/> 1000-1500m	<input type="checkbox"/> 500-1000m	<input type="checkbox"/> less than 500m
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Season when work takes place

<input type="checkbox"/> all year	<input type="checkbox"/> summer	<input type="checkbox"/> autumn/spring	<input type="checkbox"/> winter
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Shade during work

<input type="checkbox"/> no shade	<input type="checkbox"/> partial shade	<input type="checkbox"/> total shade	<input type="checkbox"/> indoor work
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Shade at rest breaks

<input type="checkbox"/> no shade/partial shade	<input type="checkbox"/> total shade	<input type="checkbox"/> indoor break area
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Latitude (proximity to equator)

<input type="checkbox"/> QLD, NT, northern WA	<input type="checkbox"/> VIC, SA, southern WA, NSW, ACT	<input type="checkbox"/> TAS
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2. Assessment of hazardous factors

The presence of reflective surfaces increases the risks posed by UV radiation exposure.

Photosensitivity:

Certain substances increase sensitivity to UV radiation, meaning sunburn occurs more quickly. Substances that cause photosensitivity include industrial chemicals, drugs, plants, fragrances and some medications.

- check the MSDS to identify substances that cause photosensitivity
- advise workers to consult their GP if taking medication that may cause photosensitivity

Presence of reflecting substances:

- snow
- sand
- house paint (white)
- concrete
- glass
- roofing iron
- water
- other _____

3. Assessment of protective factors

Personal protective equipment (PPE) in use:

- portable shade structure
- construction helmet with brim attachment
- broad-brimmed, bucket or legionnaire-style hat
- shirt with longer sleeves and a collar made from UFP50+ material
- trousers (or knee length shorts) made from UFP50+ material
- sunscreen with SPF30 (or higher)
- wrap-around sunglasses (AS/NZS 1067/EPF of 9 or 10) or safety glasses (AS/NZS 1337.1:2010)

4. Identification of risk control measures

Use of engineering controls

OPTIONS/ACTIONS	✓	X	TIMEFRAME (short/medium/long)
• Use shade (natural, portable, or permanent structures)			
• Modify reflective surfaces or move work away from these surfaces			
• Provide window tinting for work vehicles			
• Other			

Use of administrative controls

OPTIONS/ACTIONS	✓	X	TIMEFRAME (short/medium/long)
Reschedule outdoor work:			
• Outdoor tasks are done early in the morning or later in the afternoon when levels of UV radiation are lower			
• Shaded work is done in the middle of the day.			
• Move jobs indoors or into shaded areas.			
• Rotate staff and work, so that the same person is not always outside.			
• Supervisors refer to the SunSmart app to check current UV levels for their location. Download the free SunSmart app or check the widget at sunsmart.com.au/widget			

Use of personal protective equipment and clothing

OPTIONS/ACTIONS	✓	X	TIMEFRAME (short/medium/long)
Clothing:			
• Provide a uniform or require work wear that has long sleeves, long pants and a collar.			
• Use sun-protective fabrics—those with a tight weave or rated with an ultraviolet protection factor (UPF) of 50+ is recommended (AS/NZS 4399).			
Hats:			
• Provide or require the use of a UV-protective hat in legionnaire, broad-brimmed or bucket style, or attachable brims and neck flaps for hard hats or helmets.			
Sunglasses:			
• Provide or encourage the use of wrap-around sunglasses (AS/NZS 1067 or with an EPF of 9 or 10) or safety glasses (AS/NZS 1337.1).			
Sunscreen:			
• Purchase broad-spectrum, water-resistant sunscreen that is SPF30 (or higher) and make it easily accessible.			
• Encourage staff to apply sunscreen 20 minutes before going outdoors, and to reapply it every two hours, and/or if they get wet or perspire.			