



Sun Safety For Outdoor Workers

Benefits of a sun safety program?

Prevention behaviours will lessen the risk of developing skin cancer and improve the rate of early detection. This will result in a decrease in the need for surgery or other treatments.

■ For the individual worker –

- Avoidance of pain and disfiguration associated with these treatments.
- Avoidance of stress of the family dealing with this life situation.
- Loss of income and meaningful contributions at the workplace, home and the community.

■ For the employer –

- Improved health of their employees.
- Decrease in time loss from the workplace.
- Maintenance of productivity.
- No increase on the burden to health benefit programs.

Why Develop a Sun Safety Policy?

A Sun Safety Policy gives direction to all in the workplace. The message is clear to the employees that the employer is sincere in its wishes to protect its employees. Responsibilities will be clear for all in the workplace.

Process of Developing a Sun Safety Policy?

- Risk Assessment of employees to include assessing of:
 - What time of day is work done outdoors?
 - How long is the exposure to UV radiation?
 - What is the frequency?
 - What protective measures do individuals practice currently?
 - Are there reflective surfaces to increase exposure to UV radiation?
- Set up a committee to plan, develop and implement a Sun Safety Policy.
- Develop the policy.
- Launch an education program for the workers and managers.



Content of the Policy

- State the Goal: To reduce the exposure to UV radiation in the workplace.
- Identify strategies that will support the goal.
- Identify roles of groups within the workplace. i.e., employers, managers, employees.
- Develop measures to ensure compliance.
- Evaluate and update the policy.

Strategies may be divided into

- Engineering Controls – removing or isolating the employee from UV radiation. i.e., erecting canopies, shelters, umbrellas or tents.
- Administrative Controls – schedule of work, frequency of breaks, assignment of work, communication of UV conditions, education of employees.
- Personal Protective Controls – protective resources that can be provided by the employer or recommended and supported that the individual may use for work.

Implementation will involve:

- Education of the workers and managers,
- Raising awareness of skin cancer,
- Encouraging sun safety behaviours.



Other resources:

1. http://www.cancerboard.ab.ca/NR/rdonlyres/B1F3A273-C80F-4FB4-B675-3462AD990023/0/Enviro_SunrightOutdoorPolicy_2004.pdf Sunright – Sun Safety Policy Guide For Outdoor Workers by the Alberta Cancer Foundation.
2. <http://www.dermatology.ca/outdoorworkers/index.html> Canadian Dermatology Association - Sun Safety Manual for Outdoor Workers. Also available is the Sun Awareness Program.
3. http://www.msc-smc.ec.gc.ca/education/uvindex/index_e.html Environment Canada UV Index information and daily rates.

