



Sun has a damaging effect on the skin and over time changes can be noticed. Some of these changes can be early skin cancers and early melanoma.

Early Detection

- If you notice a new spot or a freckle or mole that changes in size, shape, colour or texture see your doctor.
- If you have any concerns about your skin, or skin cancer discuss these with your doctor.

For further information refer to the *WH&SQ Health Stress – managing the risk brochure*

Workplace Health and Safety Queensland
Infoline **1300 369 915**
www.dir.qld.gov.au

For further information on skin cancer and skin protection visit:

Queensland Health
www.health.qld.gov.au/sunsafety

Queensland Cancer Fund
www.qldcancer.com.au

© State of Queensland, May 2006.



Are you
protected
from the
sun?



A brochure for workers

Keep Safe in the Sun

This brochure has been developed to assist you with protecting your skin from sun damage.

Your employer has a legal obligation under the *Workplace Health and Safety Act 1995* to ensure your health and safety at work. This means that your employer has an obligation to provide you with protection from sun damage.

There are a range of methods that you can apply at work to reduce your exposure to the sun.

Avoid being outside between 10am–3pm.

When you can not avoid being outside here are some tips that you should apply.

- Work together to reorganise work times where possible so that outdoor tasks are done early in the morning or late afternoon.
- Try rotating tasks that involve direct sun with work colleagues.
- Use trees, buildings and other temporary shelter (eg. awnings, umbrellas) for shade.
- Use shade for rest and meal breaks.
- Drink plenty of cool water.



Slip on protective clothing

- Wear long sleeved shirts and trousers.
- Look for a tight weave of material.
- Loose fitting clothes for coolness with a collar to protect the neck.
- Look for ultraviolet protection factor (UPF) label on garment.
- Microweave fabric is for the purpose of coolness.

Slop on sunscreen

- Sunscreens protect any skin not covered by clothes (face, ears, back of neck, hands, legs etc).
- Use a SPF 30+ broad spectrum, water resistant sunscreen.
- Gel based is better than cream based, particularly when handling tools.
- Apply sunscreen 20 minutes before going outside.
- Re-apply sunscreen every two hours.
- Apply zinc cream to lips and nose for extra protection.

Slap on a hat and sunglasses

Protect the face, neck, ears and eyes with:

- A hat with a broad brim 10–12 cm, or with a flap at the back
- Or a hard hat with a flap and/or brim added
- Sunglasses – look for the code AS1067

Who is at risk from skin cancer?

Virtually all people in Queensland are at risk of skin cancer. However, fair-skinned people are more at risk.

People who work outdoors are also at a greater risk of developing skin cancer.

What is UVR?

Ultraviolet radiation (UVR) is not related to heat or the light we can see. UVR is high to extreme in Queensland in summer and in winter.

You need to protect yourself from UVR all year round.

