**Solar Ultraviolet Radiation (Safety talk for a day with a high UV Index)**

**Date: \_\_\_\_\_\_\_\_\_ Time: \_\_\_\_\_\_\_\_\_ Supervisor: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Attendance: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**What is the hazard and what are the health risks?**

The hazard is ultraviolet (UV) radiation energy from the sun. UV radiation is more powerful than visible light rays and can damage the skin. The health risks in the short term are sunburn and skin damage. In the long term, the health risks are skin cancer and some eye diseases. The longer and more intense the UV exposures are, the greater the likelihood of developing skin cancer and eye disease.

Sunburn is the effect of UV radiation on the skin and gives us the visual clue that your skin has been harmed. UV can also cause cataracts, macular degeneration - a serious eye disease, and premature aging and wrinkling of the skin.

When working in the sun, especially in spring and summer, you need to protect yourself to reduce the risks of UV exposure.

**How can we protect ourselves?**

Keep an eye on the UV Index. I (as the supervisor) will do so throughout the day but you need to as well. When the UV Index is 3 or over we need to apply protective measures such as:

1. **Cover up** – wear loose clothing, long sleeves and pants
2. **Protect your eyes** - use UV protective eyewear
3. **Cover your head, neck and ears** – wear a wide brimmed hat or hard hat with a brim and use a neck flap
4. **Take your breaks in the shade** – get out of the sun when you can, especially between 11am-3pm, when UV is the strongest
5. **Use sunscreen and lip balm** – use at least a SPF 30 broad spectrum, water-resistant sunscreen and don’t forget to reapply
6. **Be skin safe** – report change in skin spots or moles to your doctor as soon as possible – early detection is important

**Facts about Sun Safety**

* A tan is actually an indication of skin damage. No matter how dark your skin is, you still risk being sunburned. Any sun exposure continues to contribute long term skin damage.
* Working in the shade and wearing lightweight, light-coloured clothing including hats are the best form of protection when out in the sun.
* Apply sunscreen generously and use more, and reapply more often than you think you should.
* Sunscreens deteriorate in the heat so store it away from extreme heat.
* Sunscreen and insect repellent can be used together – apply sunscreen first, then the repellent.
* Sunscreen ingredients/chemicals are tested to make sure they are safe. However, some people are sensitive to sunscreen, so test a small amount before use.
* Sunlight doesn’t have to be direct to do damage. Light reflected off surfaces such as sand, water, concrete, and snow can also cause UV exposure. Reflected UV is a particular hazard for the eyes.
* Even on cloudy days you can be sunburned - up to 80% of UV radiation can pass through the clouds.
* The highest exposure of the day is from 11am to 3 pm.

**Demonstrate**

Pass around bottle of sunscreen (30 SPF or higher) and ask crew to apply it to exposed skin.

**Additional attendance and comments:**

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Visit sunsafetyatwork.ca for more information.

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