

Sun Protection Policy

HAZARD: Overexposure to solar ultraviolet radiation

RISK: Working outdoors

1.0 PURPOSE & SCOPE

This policy provides guidance to FP McCann and its employees on reducing the risk of skin damage for employees who are required to work while being exposed to solar ultraviolet (UV) radiation for prolonged periods of time.

Skin cancer is the most common cancer in Northern Ireland and the incidence is increasing. Overexposure to UV radiation from the sun is the major environmental cause of all types of skin cancer. Despite the unpredictable climate, on average people who work outdoors receive 3 to 4 times more UV exposure each year than people who work indoors. This exposure puts outdoor workers at greater risk of skin cancer.

2.0 RESPONSIBILITIES

EMPLOYER RESPONSIBILITIES	EMPLOYEE RESPONSIBILITIES
2.1 Identify situations where employees and others will be exposed to solar UV, including exposure on cloudy days.	2.1 Recognise the potential for exposure to solar UV, including exposure on cloudy days.
2.2 Assess the risks associated with activities that involve exposure to solar UV.	2.2 Contribute to solar UV risk assessment and sign off to indicate the assessment has been read, understood and controls will be implemented.
2.3 Develop and implement a combination of controls to minimise exposure to solar UV. Appropriate controls will include where practicable: Protective clothing <ul style="list-style-type: none"> • Long sleeved shirts and long trousers. • Where work clothing with a UPF (e.g. High Visibility tabards & polo shirts) is used, a minimum of UPF 15 is recommended. • Hats with broad brims and neck flaps made of tightly woven material and hard hats with extension flaps. • Sunglasses which meet the CE Mark and British Standard BS EN ISO 12312-1:2013 with wrap-around close fitting styles. Sunscreen <ul style="list-style-type: none"> • Use of sunscreen with a minimum of SPF 15 and UVA 4 star for skin unprotected by clothing or shade. • Sunscreen applied generously 30 min before exposure to the sun and reapplied every 2 hours or more often if it is wiped or sweated off. 	2.3 Co-operate with all measures introduced by the employer to minimise the risks associated with exposure to solar UV radiation. Protective clothing <ul style="list-style-type: none"> • Comply with employer instructions and advice on the use of sun protective clothing measures. Sunscreen <ul style="list-style-type: none"> • Comply with any specific employer instructions on the use of sunscreen. • Act appropriately in accordance with advice regarding the use of sunscreen. Shade <ul style="list-style-type: none"> • Comply with specific employer instructions. • Act appropriately in accordance with advice on the use of sun shade measures particularly between 11am and 3pm when UV radiation is at its peak, even if overcast. Sun safety training and awareness <ul style="list-style-type: none"> • Participate in sun safety training and awareness programmes provided by the employer.

- Sunscreen provided for employees' use is available at the SHE Office

Shade – where feasible:

- Minimise exposure by taking breaks in the shade, particularly between 11am and 3pm when UV radiation is at its peak, even if overcast.
- Move activities to a shaded or indoor area.
- Reschedule activities to times of the day when UV radiation is less intense (before 11am or after 3pm).

Sun safety training and awareness

- Include sun protection advice in routine Health and Safety training and induction for new employees.
- From April to September display sun safety and skin cancer information resources prominently.
- Ensure managers and supervisors act as positive role models.
- Ensure employees are provided with information on checking their skin regularly and to consult their GP promptly if any cause for concern.
- Promote the use of sun protection measures 'off the job'.

- Act as a positive role model for other employees.
- Carry out regular skin checks.
- Use sun protection measures 'off the job'.

Signed: 
 Hugh McCann
 Managing Director

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