

Mason Electrical Engineering Contractors is committed to the health, safety and welfare of all our employees and contractors and we are accountable for the monitoring of this policy. To this end Mason Electrical Engineering Contractors will as far as is practicable ensure that the risk to employees and others under our control is minimised when working in outdoor environments. The long term adverse effects of exposure to ultraviolet (UV) radiation are well known with a direct causal link between exposure to UV radiation and skin cancer. The risk of dehydration, heat stress and also the adverse effects of working in extreme cold will also be taken into consideration for all work planned by Mason Electrical Engineering Contractors.

### **Background**

People who work outdoors have a higher than average risk of developing skin cancer due to the increased amount of UV exposure. It is estimated that 95-99% of skin cancers are caused by overexposure to UV radiation. Skin cancer is the most commonly diagnosed cancer in young people aged 15-40 years, the disease causes over 2,000 deaths in Australia every year.

A UV index of 3 can damage unprotected skin regardless of the amount of time spent outdoors, therefore sun protection is recommended any time the UV index is 3 and above. People who spend extended periods of time outdoors are recommended to protect their skin all year round due to the cumulative nature of UV exposure and skin damage.

Mason Electrical Engineering Contractors will to the best of its ability implement the following sun protection procedures to minimise the risk of short and long-term harm from overexposure to UV radiation.

### **Safe Place (Engineering Controls)**

- Where possible take advantage of natural or built shade, moving jobs indoors or to shaded areas when possible.
- Consider erecting temporary shade marquees for stationary jobs if available.
- Shade can significantly reduce UV exposure; however it is important to consider UV radiation

### **Safe Person (Administrative Controls)**

- Prioritise indoor work tasks to occur when UV levels are strongest in the middle of the day.
- Schedule outdoor work tasks to occur when UV levels are less intense, such as earlier in the morning or later in the afternoon.
- Encourage rotation of outdoor staff to avoid exposing any one individual to UV radiation for long periods.
- Access the SunSmart UV Alert via the SunSmart app or Bureau of Meteorology website for daily UV information.

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### **Personal Protective Equipment (PPE) and Clothing**

- Sun protective clothing that covers as much skin as possible is to be worn when working outdoors, eg. long sleeves, collared shirts and long trousers.
- A broad brimmed or legionnaire style hat is required to provide shade to the face, neck and ears, areas in which skin cancer are most commonly diagnosed. If hard hats are required, hat attachments which provide shade to the face, neck and ears is to be used. A cap is not an acceptable form of sun protection;
- SPF 30 or higher, broad spectrum, water resistant sunscreen will be provided and needs to be applied ideally 20 minutes before going outdoors, and reapplied every two (2) hours, or more frequently if wiped off or washed away.
- Sunglasses are important in preventing eye damage and skin cancers around the delicate areas of the eye. Sunglasses should be close fitting and wrap around styles, meeting Australian Standards AS/NZS 1067. If safety glasses are required, UV protection glasses should be sought. If prescription glasses are worn, employees should be encouraged to wear fit-overs to ensure eyes remain protected from UV exposure.

### **Awareness and Education**

It is important that outdoor workers are educated about UV radiation as a workplace hazard, how to prevent skin cancer and how to detect skin cancers early. Mason Electrical Engineering Contractors will provide this policy to employees and others under their control as part of their induction.

Workers are encouraged to check for skin cancers and to perform self-examinations of the skin and if concerned see their doctor. Free resources on what to look for are available from the Cancer Council at no charge.

### **Worker Compliance**

All workers under our management are required to follow rules relating to Safe Place, Safe Person and the wearing of PPE and clothing and report any concerns relating to these areas to their immediate supervisor.

Failure to comply with this policy will be considered a disciplinary issue by Mason Electrical Engineering Contractors

This policy will be reviewed in consultation with employees and on any change or amendment to the relevant legislation or at every twelve months from the date shown below.



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Director, Mason Electrical Engineering Contractors

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