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| **CAL-HS-PD-0704** |
| **Outdoor Workers And Sun Exposure** |
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| **Procedure** |
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| Revision History | | | | | |
| This document should be reviewed at least every 12 months to maintain its effectiveness.  Record the details of any changes made as a result of these reviews in the table below: | | | | | |
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# PURPOSE

1. The purpose of this procedure is to highlight the risks of sun exposure and the steps that should be taken to reduce the associated health risks.

# WHAT IS THE PROBLEM

1. Too much sunlight is harmful to the employees’ skin. A tan is a sign that the skin has been damaged. The damage is caused by ultraviolet rays from the sunlight.

# WHO IS AT RISK

1. If work keeps the employee outdoors for a long period of time their skin could be exposed to more sun than it is healthy for.
2. Outdoor workers that could be at risk include construction workers, green keepers, all outdoor activity workers. You should take particular care if you have;

* Fair or freckled skin that does not tan or goes red or burns before it tans.
* Red or fair hair and light-coloured eyes
* Large number of moles.

# HARMFUL EFFECTS

1. In the short term, even mild reddening of the skin from sun exposure is a sign of damage. Sunburn can blister and the skin will peel.
2. Longer term problems can arise. Too much sun speeds up the ageing of the skin, making it leathery, mottled and wrinkled. The most serious effect is an increased chance of developing skin cancer.

# PROTECTION

1. Keep shirt/top on at all times.
2. Use a high factor sunscreen of at least SPF15 on any exposed skin.
3. Drink plenty of water to avoid dehydration.
4. Stay in the shade whenever possible, during lunch breaks and at lunch time.
5. Check your skin on a regular basis for any unusual moles or spots. Consult your doctor promptly if you find anything that is of concern.

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