

Sun protection for outdoor workers

Be SunSmart - reduce your risk of skin cancer

You need sun protection

From September to the beginning of April, especially between 10am and 4pm, even on cooler, cloudy days.

SLIP



Slip into sun-protective clothing.
Wear long pants and a long-sleeved shirt with a collar.

SLOP



Slop sunscreen on all uncovered skin.
Use SPF30+ (or above) broad spectrum sunscreen. Apply 15 minutes before going outside. Reapply every 2 hours.

SLAP



Slap on a hat with a broad brim or a bucket style hat that protects your head, face, eyes, ears and neck. If you wear a hard hat fit it with a sun brim and neck flap.

WRAP



Wrap on some sunglasses.
Choose a close fitting, wrap-around style.

SEEK



Seek shade for rest and meal breaks. Work in the shade where possible.



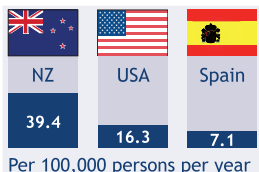
Too much UV radiation from the sun is a workplace hazard

Outdoor workers are exposed to high levels of ultraviolet (UV) radiation for long periods and this increases their risk of skin cancer. Everyone needs sun protection but people with fair skin burn easily and are more at risk.

Ultraviolet (UV) radiation is a hazard

- Over exposure to UV radiation causes 90% of skin cancers.
- UV radiation which causes sunburn and skin damage cannot be seen or felt. Infrared waves are felt as heat from the sun.
- New Zealand has 40% higher levels of UV radiation than countries at similar latitudes in the northern hemisphere.

Melanoma skin cancer rates (2010):



Per 100,000 persons per year

- The effects of over-exposure to the sun's UV radiation build up throughout your life.
- Sun protection is not needed in winter unless you're up high in the mountains, especially in snow.
- UV radiation is measured by the UV Index. See the NIWA website for the UV Index levels in your area: www.niwa.co.nz/UV-forecasts

Don't hesitate for a second

Go and see your doctor if you notice any spot, freckle or mole changing size, shape, colour, height or texture.