

Goondiwindi P&A Society Sun Protection Policy

Aim

This policy aims to protect all staff, visitors, and volunteers of Goondiwindi Pastoral & Agricultural (P&A) Show Society from the harmful effects of UV exposure.

Involvement

This policy applies to all staff, visitors, and volunteers of Goondiwindi P&A Society while on the premises and involved in excursions that require leaving the premises.

Rationale

Queensland has the highest rate of skin cancer in the world. Skin cancers account for 80 per cent of all new cancers diagnosed each year in Australia, making it by far the most common type of cancer diagnosed. Research shows exposure to UV radiation contributes to skin cancer and other forms of skin damage such as sunspots, blemishes, and premature ageing. Most skin damage and skin cancer is therefore preventable.

Outdoor workers receive five to 10 times more UV radiation exposure from the sun than indoor workers, putting them at increased risk of skin damage and skin cancer. However, sun safe practices should be supported and encouraged for both indoor and outdoor workers all year round in Queensland.

Workplaces are required to protect against known hazards to worker health and safety. Employers must ensure their employees can work safely and without risk to their health - this includes exposure to UV radiation. In turn, employees have a responsibility for their own safety and health and must follow UV protection policies and use sun protective measures provided. With this in mind, workplaces play a major role in providing an environment to positively influence long-term sun safe behaviour through providing and promoting a sun safe environment.

Procedures

- To assist with implementation of this policy, staff/volunteers are encouraged to access daily local sun protection times via the SunSmart app, SunSmart widget on the organisation website, or sunsmart.com.au
- The sun protection measures listed are to be used for all outdoor activities when UV is three and above. If daily sun protection times cannot be checked, please use sun protection all year round. Outdoor activities should be minimised between 10am – 3pm.

Healthy physical environment

1. Seek shade

- Provide a variety of shade (i.e. built, natural and portable).
- Encourage staff/volunteers to use available shade.
- Reduce the amount of time outdoor workers spend in the sun and encourage workers to rotate jobs to shaded areas.
- Consider shade availability when planning all outdoor events.
- Conduct regular shade assessments to determine future needs.

Healthy social environment

2. Slip on sun protective clothing

- Provide and ensure staff/volunteers use the appropriate personal protective equipment (PPE). This includes shirts with collars or covered neckline and elbow length sleeves, longer style dresses/skirts and shorts, and long pants.

3. Slap on a hat

- Ensure hats worn by staff/volunteers cover the face, neck, and ears such as broad-brimmed, bucket or legionnaire style. Peak caps and visors are not considered a suitable alternative.

4. Slop on sunscreen

- Make available SPF 30 or higher broad spectrum, water resistant sunscreen or staff/volunteers to supply their own.
- Encourage sunscreen use throughout the day. Apply 20 minutes before going outdoors and reapply every 2 hours when outdoors for extended periods.

5. Slide on sunglasses (optional)

- Where practical, staff/volunteers are encouraged to wear close-fitting, wrap-around sunglasses that meet the Australian Standard AS1067.

Role modelling by management

- Ask management to role model good sun protection behaviours when outside, including:
 - Wearing sun-safe hats, clothing, and sunglasses.
 - Applying SPF30 or higher broad spectrum, water resistant sunscreen.
 - Seeking shade whenever possible.
- Consider tinting windows on vehicles, machinery, and buildings where appropriate.

Engaging the workplace

- Regularly reinforce and promote SunSmart behaviour to the whole workplace via newsletters, website/intranet, social media, regular meetings, and staff/volunteer orientation.
- Participate in relevant health awareness days/weeks/months.



Policy Timing and Review

- This policy is effective from 1st December 2018 and will be reviewed every three years to ensure it remains current and practical.
- Policy updates and requirements will be made available to the workplace.

Reviewed – December 2021 (Reviewed & Adopted)

Next policy review: 1st / December / _2024