



MERSEY COMMUNITY CARE ASSOCIATION

SUN PROTECTION POLICY

Mersey Community Care Association has implemented a Sun Protection Policy with the aim to provide ongoing organisational support to reduce staff exposure to solar UVR (ultraviolet radiation), and work situations where exposure to solar UVR occurs.

This policy includes paid staff and volunteers of Mersey Community Care Association, the Minor Home Maintenance Service who predominately work in the outdoor environment.

Over-exposure to UV (ultraviolet) rays causes sunburn, skin damage and increase risk of cancer. However, some skin exposure to the sun's UV rays is needed to produce vitamin D, vital for maintaining healthy bones, teeth and general good health. Being SunSmart is a whole of the year approach. It means using sun protection when the UV is 3 and above (mid- September to mid -April), and safe sun exposure for vitamin D (mid -April to mid-September).

Objectives

Ensure all staff are protected from harmful UV exposure.

Strategies

Staff are encouraged to check the UV Alert daily. This can be checked at www.cancertas.org.au. The Minor Home Maintenance Coordinator can also provide this information to volunteers.

When UV is 3 and above, staff are required to use the following combination of sun protection measures when working outdoors.

Clothing

It is recommended that staff wear long pants and long-sleeved shirts with a collar. Light weight clothing is also recommended as it is important to keep the body cool during hot conditions.

Sunscreen

Mersey Community Care Association provides SPF 50+ broad spectrum sunscreen. It is recommended that sunscreen be applied twenty minutes before going outdoors and every two hours thereafter.

Hats

Mersey Community Care Association will provide a sun protective hat, which covers the face, ears and back of the neck. Caps are not considered suitable.

Sunglasses

It is recommended that all staff wear close fitting wrap-around sunglasses that comply with Australian Standards AS1067:2033(category 2,3 or 4) during daylight hours when working outdoors.

Shade

It is recommended that staff working outdoors, work in shaded areas or temporary shade where possible.

Where possible, Mersey Community Care Association will provide indoor or shaded areas for rest or meal breaks.

Where possible, staff are advised to rotate between indoor or shaded areas to avoid long periods of exposure to solar UVR.

When levels of solar UVR are strongest, such as the middle part of the day, indoor or shaded work tasks will occur where possible.

If possible, scheduled outdoor work tasks will occur when levels of solar UVR are less intense, such as earlier in the morning or later in the day.

Mersey Community Care Association will

Provide training to new and existing staff to enable them to work safely in the sun.

Provide sun safe resources to volunteers, as stated above.

Staff will

Staff will cooperate with all measures introduced by Mersey Community Care Association to minimise the risks associated with exposure to solar UVR.

Comply with advice regarding the use of sun protection control measures.

Have a duty of care to maintain their own sun protection practices.

Mersey Community Care volunteers are required to sign the Volunteer Agreement, agreeing to adhere to policies and procedures including the Sun Protection Policy.