



# UV Exposure Risk Assessment



You can use this tool to assess if there is a risk of hazardous levels of exposure to ultraviolet (UV) radiation from the sun associated with performing tasks outdoors.

To assess the UV risk of a work site, tick the relevant box for each factor below. Each category adds to the accumulated level of risk, adding to the overall risk of unsafe UV exposure.

Very High	High	Moderate	Low
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What time of day is spent outdoors?

<input type="checkbox"/> All day	<input type="checkbox"/> 10am-3pm	<input type="checkbox"/> 3-5pm	<input type="checkbox"/> 8-10am	<input type="checkbox"/> After 5pm	<input type="checkbox"/> Before 8am	<input type="checkbox"/> At night
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What is the altitude of the location?

<input type="checkbox"/> More than 1500m	<input type="checkbox"/> 1000-1500m	<input type="checkbox"/> 500-1000m	<input type="checkbox"/> Less than 500m
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In which season does the work take place?

<input type="checkbox"/> All year	<input type="checkbox"/> Summer	<input type="checkbox"/> Autumn/Spring	<input type="checkbox"/> Winter
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What kind of surface is the work performed on?

<input type="checkbox"/> Snow or sand	<input type="checkbox"/> Concrete	<input type="checkbox"/> Water	<input type="checkbox"/> Grass or dirt
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What level of shade is the work performed under?

<input type="checkbox"/> No shade	<input type="checkbox"/> Partial shade	<input type="checkbox"/> Total shade	<input type="checkbox"/> Indoors
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What level of shade is provided during breaks?

<input type="checkbox"/> No shade	<input type="checkbox"/> Partial shade	<input type="checkbox"/> Total shade	<input type="checkbox"/> Indoor break area
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How many of the following methods of protection are provided?

<input type="checkbox"/> Portable shade structure	<input type="checkbox"/> UV protective hat	<input type="checkbox"/> Long trousers
<input type="checkbox"/> Helmet with brim attachment	<input type="checkbox"/> Sunscreen (30SPF or higher)	<input type="checkbox"/> Wrap-around sunglasses
<input type="checkbox"/> Shirt with long sleeves and a collar (made from UPF50+ material)		

By now you should have a fair idea of the risk of UV exposure in your workplace. The next step will be to approach your employer about putting together a plan to address the risk. Your employer has a duty to provide a safe working environment, and they must ensure that workers are not at risk of skin cancer. See next page for suggested risk elimination/reduction controls.



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## Identification of risk control measures:

Is it reasonably practicable to use the following engineering controls?

-Use shade (natural, portable, or permanent structures) Yes  No

-Modify reflective surfaces or move away from these surfaces Yes  No

-Provide window tinting for work vehicles Yes  No

Is it reasonably practicable to use the following administrative controls?

-Reschedule outdoor work for earlier in the morning, later in the afternoon or at night Yes  No

-Move jobs indoors or into shaded areas Yes  No

-Rotate staff and work, so that the same people are not always outside Yes  No

Is it reasonably practicable to provide the following personal protective equipment (PPE)? (Hint: in the vast majority of cases, yes, it is.)

-Workwear with long sleeves, long pants and a collar Yes  No

-A UV-protective hat - i.e. a legionnaire, broad-brimmed or bucket style hat Yes  No

-Wrap-around sunglasses (compliant with AS 1067) Yes  No

-Broad-spectrum, water-resistant sunscreen that is at least SPF30, easily accessible for staff Yes  No

-Staff are encouraged and able to reapply sunscreen every two hours, and/or when they get wet or perspire Yes  No

For the level of UV in your location download the SunSmart app.

For more information go to: [www.sunsmart.com.au](http://www.sunsmart.com.au)