



SUN PROTECTION POLICY

AIM

QSD is committed to the health and safety of our employees' and has read the growing research on the detrimental health effects of sun exposure.

Any of our employees' who work outdoors need to take certain precautions to protect themselves from the harmful effects of the sun's ultra violet rays.

POLICY - (Steps that need to be taken to minimise your sun exposure)

Protect your skin before going outdoors- apply a broad spectrum, water resistant SUNSCREEN with an SPF of 30+, at least 20 minutes prior to working outdoors. The sunscreen needs to be reapplied at least every 2 hours. Sunscreen will be kept in an accessible area to all outdoor workers.

Wear a HAT with a brim of 10-12cm. Where hard hats are required for outdoor workers they will be fitted with brim and neck flap attachments.

Outdoor workers will be provided with long sleeved, collared SHIRTS and trousers. These will be made of a tight weave fabric and will be loose fitting, giving the best sun protection whilst still being cool.

SUNGLASSES are to be worn and need to comply with the Australian Standard AS1067:2003. Where safety glasses are required these need to comply with AS1337 and AS1338.

Where possible, you are to complete outdoor jobs early in the morning or late in the afternoon. This minimises ultra violet ray exposure during its peak between 10am and 3pm.

When working outdoors maximise the use of trees, buildings or umbrellas to provide natural SHADE.

Examine your skin regularly, taking particular notice of any sores or spots that don't heal within 4 weeks or any moles or freckles that change or look different. Have any suspicious spots checked by your doctor.

The implementation of this policy requires all outdoor workers to be responsible and vigilant in the protection of their own skin from skin cancer.

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Policy Date: 2008 – Policy Review Date: 2013

Note: All QSD Policies and Plans are ongoing and may be reviewed at any time during this period.