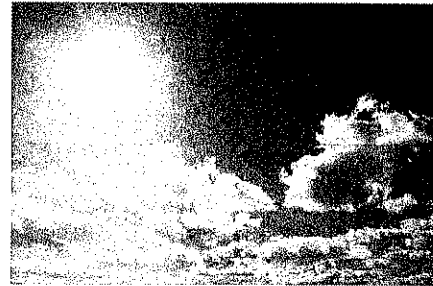




For: Heads of all Establishments/Settings
OCC Managers
Governors/Management Committees
Trade Union Safety Representatives
Employee Notice Boards
Intranet



Sun Safety and Heat Exposure

Introduction

Severe heat poses an immediate threat to people and can have long-term health consequences for anyone who ignores the risks.

Exposure to ultraviolet light (UV) radiation from the sun can cause skin damage including sunburn, blistering, skin ageing and in the long term can lead to skin cancer. Skin cancer is the most commonly diagnosed cancer in the UK with over 69,000 new cases registered annually.

Children's skin is especially vulnerable. One incident of sunburn in childhood increases the risk of developing skin cancer by 50% in later life.

UV radiation should be considered an occupational hazard for people who work outdoors and the risk needs to be managed.

Scope

This procedure applies to all situations where employees work with exposure to the sun and school children who spend time outside during their school day.



**HSE Recommendations
AVOID, PROTECT and CHECK**

The Sun Safety Code

- Seek shade.
- Cover up e.g. hats, long sleeves and trousers.
- Drink plenty of water to avoid dehydration.
- Apply sunscreen generously (for school children this needs to be provided from home and pre-administered and/or self-administered).
- Take care not to burn.
- Protect children (children still require protection if the weather is cloudy and cooler; clouds do not block UV rays they only filter them).
- Look out for the safety and wellbeing of older people and vulnerable adults.

The advice is:

- Make sure that babies and young children have plenty of fluids and do not become over-heated.
- Check up on the wellbeing of frail older neighbours, friends and relatives.
- Avoid travelling, sun-bathing and over exertion in the hottest times of the day, which are usually between 11:00am and 3:00pm.
- If travelling by car, take supplies of drinking water for the journey and ensure that children are not becoming over-heated.
- Ensure that you never leave children, vulnerable people or pets in parked vehicles, as the interiors of them can get very hot.
- If you must go outside in the hottest times of the day, try to stay in the shade.
- Wear a hat and light loose-fitting clothes, preferably cotton.
- Apply sunscreen and always use one with a protection level of factor 15 or higher.
- Use sun glasses that offer 100UV protection to protect your eyes.
- Take cool showers or baths and splash yourself several times a day with cold water particularly your face and the back of your neck.
- Eat more cold food when possible, particularly salads and fruit, which contain water.

Managers Responsibilities

- Heads of establishments/settings need to develop and implement a sun safe policy as the first step in developing and re-enforcing the importance of life long sun protection both now and in the future to reduce the risk of skin cancer later in life.
- Encourage employees to keep covered up during the summer months, especially during 11:00am and 3:00pm when the sun is at its hottest.
- Encourage employees to consider the advice in the Sun Safety Code.

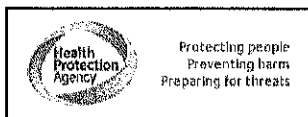
Employees Responsibilities

- Be aware of the advice in the Sun Safety Code, above, and then protect yourself when exposed to the sun.
- Follow the risk assessment to reduce the risk of exposure.
- Check your skin regularly for any unusual moles or spots. See a doctor promptly if you find anything that is changing in shape, size or colour, itching or bleeding.

This procedure is not mandatory but contains notes on good practice to help reduce sun/heat exposure.

For further information and advice

This procedure was written based on advice provided by the Health Protection Agency and the Health and Safety Executive (HSE)



For further information and advice:

OCC Health and Safety Team	healthandsafetyhelp@oxfordshire.gov.uk	Tel: 03300 240849
Health and Safety Executive (HSE)	www.hse.gov.uk	

Health Protection Agency	www.hpa.org.uk	0845 2799879
Occupational Health	email: oxford.clinic@people-am.com web address: www.pamassist.co.uk	0800 882 4102