

## Sun Safety at UNE

### Background

In Australia, we enjoy being out in the sun and some of us spend long periods working in it. However, we need to make sure we spend our time in the sun in a safe way as UV radiation can cause damage to our eyes and skin which can lead to cataracts and skin cancer.



1. Slap on a hat.



2. Slip on some clothing.



3. Seek shade.



4. Wrap some sunnies around your eyes.



5. Slap some sunscreen on every 2 hours.

### Slip, Slop, Slap, Seek & Slide

By following all of the Cancer Council's sun protection measures, we can ensure that we stay safe when we are out in the sun:

- Slip on Sun-Protective Clothing: wear a lightweight, loose-fitting, collared long sleeve shirt and a pair of lightweight, loose-fitting long pants.
- Slop on some Sunscreen: make sure that sunscreen is SPF30+ and waterproof; it should also be re-applied every 2 hours.
- Slap on a Hat: wear a hat that covers your face, ears and neck: broad-brimmed, bucket or legionnaire. If wearing a hard-hat, wear a hat attachment.
- Seek Shade: remember to take regular breaks in a shady area (especially during the hottest stages of the day); rotate work if possible; and stay hydrated.
- Slide on Some Sunglasses: wear closefitting, wraparound style sunglasses that are Australian Standard Category 2, 3, or 4 and have an Eye Protection Factor of 10. If you wear glasses, look for pair of prescription sunglasses.

### Skin Checks

Australia has one of the highest rates of skin cancer in the world. Thus, it is vital that we know our skin and see our doctor if we notice anything unusual.

- Check your whole body for any new or different looking spots/moles
- Look for sores that do not heal



### Contact for Further information

UNE Work Health and Safety (WHS) Team: [whs@une.edu.au](mailto:whs@une.edu.au)

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WHS F066	n/a	1.0	8/12/2017	8/12/2020	1	8/12/2017