UV risk control for outdoor work.

Use this worksheet to assess if there is a risk of hazardous levels of exposure to ultraviolet (UV) radiation from the sun associated with performing a role in your organisation.

<table>
<thead>
<tr>
<th>Work location:</th>
<th>Description of task(s) performed:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assessed by:</td>
<td></td>
</tr>
<tr>
<td>Health &amp; Safety Representative:</td>
<td></td>
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<tr>
<td>Date:</td>
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</tbody>
</table>

1. UV risk assessment

To assess UV risk, tick the most relevant box for each factor below. Each category adds to the accumulated level of risk; please assess the risk based on the combination of factors.

- **Very High**
- **High**
- **Moderate**
- **Low**

**Time of day spent in the sun (including in vehicles without tinting)**

- all day
- 10am-3pm
- 3-5pm
- 8-10am
- after 5pm
- before 8am
- at night

**Altitude of worksite**

- more than 1500m
- 1000-1500m
- 500-1000m
- less than 500m

**Season when work takes place**

- all year
- summer
- autumn/spring
- winter

**Shade during work**

- no shade
- partial shade
- total shade
- indoor work

**Shade at rest breaks**

- no shade/partial shade
- total shade
- indoor break area

**Latitude (proximity to equator)**

- QLD, NT, northern WA
- VIC, SA, southern WA, NSW, ACT
- TAS
2. Assessment of hazardous factors

The presence of reflective surfaces increases the risks posed by UV radiation exposure.

**Photosensitivity:**
Certain substances increase sensitivity to UV radiation, meaning sunburn occurs more quickly. Substances that cause photosensitivity include industrial chemicals, drugs, plants, fragrances and some medications.

- check the MSDS to identify substances that cause photosensitivity
- advise workers to consult their GP if taking medication that may cause photosensitivity

**Presence of reflecting substances:**
- snow
- sand
- house paint (white)
- concrete
- glass
- roofing iron
- water
- other

3. Assessment of protective factors

**Personal protective equipment (PPE) in use:**
- portable shade structure
- construction helmet with brim attachment
- broad-brimmed, bucket or legionnaire-style hat
- shirt with longer sleeves and a collar made from UFP50+ material
- trousers (or knee length shorts) made from UFP50+ material
- sunscreen with SPF30 (or higher)
- wrap-around sunglasses (AS/NZS 1067/EPF of 9 or 10) or safety glasses (AS/NZS 1337.1:2010)