



# Solar UltraViolet Radiation Policy

Australia has the highest rate of skin cancer in the world, with estimates that two out of three people will get at least one skin cancer in their life-time.

Virtually all people in Australia are at risk of skin cancer. However, fair skinned people, particularly those who freckle or who never tan or tan poorly, are at greater risk.

Staff and Students at the University *potentially at higher risk* include:

- Gardeners and Grounds Maintenance Staff;
- Building and Construction Staff;
- Painters/Plumbers;
- Field Research staff and students;
- Farm/Vineyard staff; and
- Any others who may be required to perform work involving exposure to direct sunlight between 10.00am and 3.00pm, the hottest part of the day.

## Be aware of:

**The Time of Day** – UVR is most intense during the middle of the day (10am–3pm) when the sun is more directly overhead;

**Cloud Cover** – can attenuate the amount of UVR, it does NOT eliminate it. You still receive UV radiation on a cloudy day;

**The Presence of Shade** – can dramatically reduce the amount of direct UVR received, but UVR can still be present from scattered sources;

**The Extent of Reflection in the Workplace** – A large component of UVR can be received from scattered sources, such as reflection from water or shiny surfaces; and

**The Time of the Year** – The sun is more directly overhead during the summer months and as such the intensity of UVR is greater.

**Personal Protection Precautions** – against exposure to UVR include wearing appropriate clothing (e.g. long sleeved shirts, hats and sunglasses), along with an application of sun screen 15 minutes before exposure and at approximately 2 hourly intervals thereafter.

Further Information relating to the Charles Sturt University's Solar UltraViolet Radiation Policy can be located at the Radiation Safety Committee Website:

[http://www.csu.edu.au/acad\\_sec/committees/radiation/index.html](http://www.csu.edu.au/acad_sec/committees/radiation/index.html)