



Sun Awareness

Preparation: (Prior to commencing the Toolbox Talk)

- Suitable venue is available dependent on numbers
- Read over and become familiar with the TBT before assembling group
- Switch off mobile phones

Equipment:

- Populated TBT Attendance List Ref: No F-0807
- Pen
- Copy of Toolbox Talk

References/Handouts:

<https://www.hse.gov.uk/skin/sunprotect.htm>

Delivery:

- Read over the Toolbox Talk Content (Page 2)

Timings:

- Approx. 10 minutes

Administration:

- Ensure completed Course Register is handed to Divisional Training Contact (DTC)

Main Topics Covered: (To be listed on back page of Toolbox Register)

- Health risks from working in the sun
- Sun protection (6 point code)
- Keep Your Top On (HSE guidance)



Toolbox Talk Content

Neighbourhoods, Regeneration and Sustainability (NRS) recognise that employees whose job keeps them outdoors for a long time may be exposed to Ultraviolet UV rays in sunlight and are at greater risk from the dangers of sunburn and long term damage to skin which could lead to increased risk of skin cancer.

This Toolbox Talk and the attached guidance from HSE “Keep Your Top On’ provide some basic information to help you to protect yourself.

Sun Protection — 6 point code

1. Keep your top on. Clothing forms a barrier to the sun’s harmful rays — especially tightly woven fabrics.
2. Wear a hat with a brim or a flap that covers the back of the neck — these areas can easily get sunburnt.
3. Stay in shade whenever possible, during your breaks and especially at lunch time.
4. Use high factor sunscreen of at least SPF1 5 on any exposed skin. Apply as directed on the product label.
5. Drink plenty of water to avoid dehydration.
6. Check your skin regularly for any unusual moles or spots. See the doctor promptly if you find anything that is changing in shape, size or colour, itching or bleeding.

Keep Your Top On

This leaflet explains;

- The dangers from short and long term exposure
- Abnormal reactions to sunlight.
- Who is at risk of skin cancer
- What you can do to protect yourself
- Do’s and don’ts
- Clothing!PPE
- Sunscreens
- Checks
- What to do if you think something might be wrong

A copy of the HSE leaflets will be posted on the H&S notice board or can be accessed from the HSE website.

End of Toolbox Talk