



Suggestions for Developing and Implementing Ultraviolet Radiation (UVR) Guidelines for Workplace Outdoor Social Activities

Many workers spend their working time indoors and are only exposed to the sun's harmful ultraviolet rays (UVR) while attending workplace outdoor social events. If your workplace is planning social events such as BBQ's, ball games, or golf tournaments, then consider making Sun Safety part of the event.

The following are Sun Safety Guidelines for workplace outdoor social events:

Develop Sun Safety Guidelines for All Outdoor Workplace Social Events

- Sun Safety behaviours will be taken into consideration during the planning phase.
- Employees and their families will be encouraged to practice Sun Safety behaviours while attending workplace social events.
- If feasible, shade structures will be made available at all events.

Inform Employees of New Guidelines

- Post the new guidelines.
- Provide employees information on the new guidelines (via Health & Safety meetings, paycheque inserts, newsletters, announcements, voicemail, E-mail etc).

Offer Employees Sun Safety Education

- In celebration of Cancer Awareness Month in April, offer sun safety pamphlets to all employees. (available at the Canadian Cancer Society, 254-5116).
- Host a health fair and have sun safety as one of the selected topics.
- Include sun safety information in your employee newsletter.
- Provide Health and Safety Officers with first aid training for heat stroke, UV overexposure of the eye and skin.

Choose an Event Location and Time That Supports Sun Safety

- Social events can be hosted:
 - During NON-peak UV times, i.e. before 10 a.m. or after 4 p.m.
 - In locations that provide adequate shade, i.e. under awnings, canopies, large umbrellas, and tents.
 - In locations that limit reflection of UVR, i.e. on snow, sand and water .

Implement a Sun Evaluation Strategy to be Used for Workplace Outdoor Social Events

- A one-page questionnaire form that can document the numbers of sunburns pre and post events is an efficient way to evaluate the effectiveness of your new sun safety guideline.

Note: the Ontario Ministry of Labour provides outdoor workers UVR information at http://www.gov.on.ca/LAB/english/hs/guidelines/uvradiation/gl_uvrad_4.html

What is the UV index (UVI) and why is it so important to understand?

The UVI is a measure of the intensity of the UVR on the earth's surface as it relates to the health effects on human skin. Becoming aware of the daily UVI can lead to informed decisions about practicing sun safety behaviours that will have a lasting effect on health.

The UVI for Canada can be found with weather forecasts on the radio and television, in newspapers and on the Ministry of the Environment's web site at http://www.cmc.ec.gc.ca/cmc/air-quality/images/UV_day1.gif

What do the UVI numbers mean?

UV Index	Category	Sun Protection Actions
0 - 2	Low	Minimal protection for normal activity
3 - 5	Moderate	Cover up. Wear hat, sunglasses, sunscreen if outside for 30 min.
6 - 7	High	Protection required. Reduce time in sun between 10AM and 4PM
8 - 10	Very High	Take full precautions and avoid sun between 10AM and 4PM
11+	Extreme	Take full precautions and avoid sun between 10AM and 4PM

Environment Canada, modified by Windsor Essex County Health Unit -March 2005