



## **SunSmart urges construction workers to get UV savvy and ‘don’t wait for summer’**

Did you know that temperature and ultraviolet (UV) radiation peak at different times during the day? And did you know that UV exposure adds up over the years increasing your risk of skin cancer?

All of this means that if you work outdoors, you’re exposed to the sun’s harmful UV radiation more often, putting you in a high-risk category for skin damage. It may be cool and cloudy but UV may still be high. That’s why temperature is not a reliable guide for sun protection - and why you can’t wait for summer to be SunSmart on the job.

### **Introducing the free SunSmart app**

You can’t see or feel UV radiation and the levels change throughout the day. To help you keep tabs on it we developed the SunSmart app. Visit the [App store](#) or [Google play](#) to download the app or visit [sunsmart.com.au/tools](http://sunsmart.com.au/tools) to find out more.

Here are four other tips for reducing your UV risks on the work site:

#### **1. Swap your cap for a broad-brimmed hat**

A cap doesn’t give you the protection you need. A bucket or broad-brim hat is a better option that shades your face, neck and ears.

#### **2. Don’t forget to reapply your sunscreen**

Make sure your sunscreen is labelled SPF30 (or higher), broad-spectrum and water-resistant. It’s important to top up your application at least every two hours – especially if you work up a sweat.

#### **3. Reschedule your midday work**

Got a job that needs to be done outdoors? See if you can move it to the early morning or late afternoon to avoid the middle of the day, when UV is strongest.

#### **4. Get to know your skin**

When you know your skin and what looks ‘normal’ for you, it helps you catch changes. If you find a new spot, or a spot that’s changed in shape, colour or size, see your GP asap.

For more tips and information on cutting your skin cancer risk and working safely in the sun, visit [sunsmart.com.au/dontwait](http://sunsmart.com.au/dontwait) .

Caoimhe Geraghty

SunSmart Workplaces and Communities Co-ordinator

(03) 9514 6420

[caoimhe.geraghty@cancervic.org.au](mailto:caoimhe.geraghty@cancervic.org.au)