

Healthy Policies

Practice the message: Develop an easy to follow sun safety guideline for your workplace.

- ☐ Speak to your workplace public health nurse about a sample policy template
- ☐ Develop a sun safety policy/guideline
- ☐ Promote your workplace sun safety policy/guideline to employees
- ☐ Make your workplace sun safety policy accessible to employees
- ☐ Develop a plan to review and update your sun safety policy annually

Notes and Ideas:

For more information on sun safety or to speak to your workplace public health nurse visit durham.ca/sunsafety or contact Durham Health Connection Line at 905-666-6421 or toll free 1-800-841-2729.



Now that you have identified the activities to include in your Sun Safety workplace plan, develop a timeline to put them into action. Highlight your activities in the calendar below. Balance activities throughout the year.

January

February

March

April

May

June

July

August

September

October

November

December



Durham Health Connection Line
905-668-2020 or 1-800-841-2729
durham.ca



If you require this information in an accessible format, contact 1-800-841-2729.



Sun Safety
Workplace Guide

Why focus on Sun Safety?

Skin cancer is the most commonly diagnosed form of cancer in Canada and it is also largely preventable. Most skin cancers are caused by overexposure to ultraviolet radiation (UVR) from the sun or from other sources such as tanning equipment (Canadian Dermatology Association, 2013).

Sun safety is just as important for office workers as it is for outdoor workers. Whether walking at lunch or working outdoors, too much UVR from the sun is a health concern.

Health concerns that may occur due to overexposure to UVR:

- sunburn
- premature aging of the skin, wrinkles
- eye damage
- skin cancer

When employees have good health they are more likely to have:

- improved productivity
- reduced absenteeism
- improved job satisfaction
- reduced stress

Why use a comprehensive approach to address sun safety in the workplace?

Research shows that using a comprehensive approach to promoting health impacts the health of employees and results in positive behaviour change.

A plan that includes each of the following strategies is most effective:

- awareness raising
- education and skill building
- environmental support
- healthy policies

Consider the suggestions in this resource to assist you in developing your sun safety plan.

Awareness Raising

Promote the message: Make employees aware of the dangers of overexposure to UVR. For support on getting started, contact your workplace public health nurse or visit durham.ca/sunsafety.

- ☐ Use bulletin boards with sun safety messages
- ☐ Promote sun safety using messages on the intranet
- ☐ Promote sun safety messages in newsletters
- ☐ Promote contest/draw/quiz about sun safety
- ☐ Display/provide brochures/pamphlets/fact sheets on sun safety
- ☐ Send email messages about sun safety
- ☐ Put up a display with sun safety materials
- ☐ Celebrate National Sun Awareness Week (month of June)
- ☐ Use pay cheque inserts to promote sun safety messages

Notes and Ideas:

Education and Skill Building

Teach the message: Use various activities to provide employees with knowledge and skills needed to maintain positive health and foster behaviour change.

- ☐ Work with your workplace public health nurse to plan sun safe activities
- ☐ Provide a presentation/lunch & learn about general sun safety and/or sun safety for outdoor workers (e.g. Durham Region Health Department presentations)
- ☐ Promote and offer education and skill building opportunities from other community agencies (e.g. Canadian Cancer Society)
- ☐ Promote a self-help kit for sun safety (e.g. Made for Shade - Come take a walk on the shady side)
- ☐ Promote support or advice lines (e.g. Durham Health Connection Line)

Notes and Ideas:

Environmental Support

Support the message: Consider the ideas below to create a workplace that is supportive of sun safety.

- ☐ Move some jobs indoors or to a shaded area
- ☐ Schedule any indoor work for around midday
- ☐ Rotate workers so they are not all exposed to the sun during peak hours
- ☐ Provide sun shelter to outdoor workers who are stationary
- ☐ Provide shaded areas for employees who choose to have outdoor breaks
- ☐ Consider sun safety when planning outdoor workplace/family events
- ☐ Encourage use of flexible hours to minimize sun exposure between 11:00 a.m. and 4:00 p.m. when the sun's rays are the strongest (e.g. start outdoor work early in the morning, schedule breaks/indoor work when the sun is at its peak)
- ☐ Ensure uniforms/dress codes follow sun safety guidelines
- ☐ Post the daily UV index (www.ec.gc.co/uv)
- ☐ Provide sunscreen with a minimum of SPF 30 at lowered or no cost
- ☐ Ensure safety eyewear has UV protection
- ☐ Provide sunglasses with UV protection at lowered or no cost

Notes and Ideas:

