

June 2024

Health control plan resources

Ultra violet (UV) radiation

What is ultra violet radiation?	Why is it a health hazard?	What are the exposure monitoring requirements?	What are the health monitoring requirements?
UV radiation is an electromagnetic radiation naturally occurring in sunlight.	UV radiation can alter the chemical bonds in skin and other tissues. Overexposure to UV radiation can cause skin cancer.	Exposure monitoring is undertaken by the Australian Bureau of Meteorology and use specialist meters to measure and monitor the solar UV radiation. UV radiation includes both the transmitted and scattered radiation and is used to monitor changes in ozone levels and cloud cover effects. For more information please refer to the <u>Australian Bureau of Meteorology and Safe Work NSW</u>	<p>There is no requirement for health monitoring but good practice for outdoor workers is to conduct health assessments to identify changes to the skin that may indicate the possibility of a skin cancer.</p> <p>Risk factors include:</p> <ul style="list-style-type: none">• having many moles or spots on the skin• a spot, mole or freckle that has changed in shape, size or colour• a new spot that is different from other spots• any new, small dome shaped lump• having a close relative who had a melanoma• being over the age of 50• infrequent but intense exposure to the sun• skin that is fair, burns easily and freckles.

Controls for ultra violet radiation

What are the controls?

Limit outdoor activities, especially between 10 am and 3 pm. If outdoor work is required, provide shaded areas and ensure workers wear protective clothing and apply sunscreen with highest available SPF rating.

What are the legislative obligations with regards to health records?

There is no requirement to retain health records.

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