

FOCUS ON UV Radiation

Focus on learning key



Exercise

Analyse the information in your work group



Discuss

Go through questions in your workgroup

Date:	
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Shift:	
Discussion led by:	

Attendees names:	

Introduction

Ultra Violet (UV) radiation is electromagnetic radiation from sunlight, which can alter chemical bonds in skin and other tissues, with both beneficial (Vitamin D production) and adverse (Skin Cancer) consequences.

Exposure to ultraviolet radiation can cause skin cancer. Early detection of skin cancer can reduce the likelihood of cancer spreading.¹

¹ Australian Radiation Protection and Nuclear Safety Agency (2006) Radiation protection standard for occupational exposure to ultraviolet radiation. Australia.

Figuring what is a normal look for your skin and what isn't requires you to take the time to get to know your skin.

Checking your skin on a regular basis is the best method to familiarise yourself with your skin. This resource aims to raise awareness of individual characteristics that increase your risk of getting skin cancer.

1 Changes to look for

If you do find a new spot or change that you are concerned about, it is best to seek medical attention immediately. If the spot is cancerous, the longer you ignore it the more chance the cancer will spread. Early detection is only half the story, you also need to see a doctor.

2 What are the risk factors

Anyone can develop skin cancer but there are some factors that may increase your risk of developing skin cancer². Do you have any of the following?

- many moles or spots on your skin
- a spot, mole or freckle that has changed in shape, size or colour
- a new spot that is different from other spots around it
- any small, dome-shaped lump that wasn't there before
- have a close relative who has had a melanoma
- over the age of 50
- infrequent but intense exposure to the sun
- have had skin cancer in the past
- skin that is fair, burns easily and freckles.

² Cancer Council NSW (2011) Understanding skin cancer, Sydney

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A When are you at risk

By far the greatest risk is being outdoors and exposed to ultraviolet radiation. The table below can be used to determine your exposure risk to Ultraviolet Radiation caused by the sun.

Visit the following website to obtain a daily UV rating. www.bom.gov.au

UV Index	Exposure Category	Precautions
0-2	Low	<ul style="list-style-type: none">• None Necessary
3-5	Moderate	<ul style="list-style-type: none">• Limit outdoor activities especially between 10:00 am and 3:00pm
6-7	High	<ul style="list-style-type: none">• If outdoors try to remain in shaded areas• Wear protective clothing that covers your arms and legs and body.
8-10	Very High	<ul style="list-style-type: none">• Apply sun screen preferably SPF30+ that is water resistant, wide brimmed hat and UV protective wrap around glasses
11+	Extreme	<ul style="list-style-type: none">• Reapply sun screen

Bureau of Meteorology, <http://www.bom.gov.au/uv/index.shtml>

B Further information

Check the following website for more information www.cancercouncil.com.au

Acknowledgement

This Focus On has been developed in consultation with various industry stakeholders from the NSW mining industry and endorsed by the NSW Mining and Extractives Industry Health Management Advisory Committee (HMAC). HMAC reports to the NSW Mine Safety Advisory Council and has membership from the NSW Minerals Council, Cement Concrete and Aggregates Australia; CFMEU, AWU, Coal Services, WorkCover NSW, NSW Trade & Investment and an independent health expert.

Disclaimer

The information contained in this publication is based on knowledge and understanding at the time of writing. However, because of advances in knowledge, users are reminded of the need to ensure that information upon which they rely is up to date and to check currency of the information with the appropriate officer of NSW Trade & Investment or the user's independent adviser.

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