

Township of Montclair Sun Protection Recommendations (5/1/15)

Introduction

Skin cancer is considered epidemic by the Centers for Disease Control and Prevention. Despite being an almost entirely preventable disease, over one million Americans are expected to get skin cancer this year - more than the number of people expected to develop prostate, breast, lung and colon cancers combined.

Workers who work outdoors for part or all of the day have a higher than average risk of skin cancer. This is because ultraviolet radiation in sunlight or 'UVR' is a known carcinogen. All skin types can be damaged by exposure to UVR. Damage is permanent, irreversible and increases with each exposure.

The Township of Montclair has an obligation to provide a working environment that is safe and minimizes risks to health. This obligation includes the creation of sun protection guidelines to protect employees from excessive sunlight and prevention of skin cancer. The Township will provide the education, training and access to the tools needed to reduce the known health risks associated with exposure to UVR for employees who work outdoors.

This policy aims to provide the organizational support necessary to reduce employee exposure to UVR by adopting sun protection control measures.

Our Commitment

The Township of Montclair will reduce employees' exposure to UVR by educating them on sun protection measures that should be taken while working outdoors.

The Township of Montclair will encourage use of the alert system as a tool for employees who work outdoors to recognize when risk to UV exposure is greatest. (See US EPA SunWise site for more information regarding the UV index and downloadable app)

<http://www2.epa.gov/sunwise/uv-index>

The Township of Montclair will encourage employees to practice sun control measures as part of their daily routine.

Personal Protective Equipment (PPE)

Employees are encouraged to use sun protective PPE in line with SunSmart guidelines including:

- sun protective work clothing (long sleeved shirts with collar and long pants or knee length shorts where permitted, made of tightly woven, lightweight fabric)
- sun protective hats that cover the face, head, neck and ears
- sunglasses that protect from the broad spectrum of UV rays
- broad spectrum, SPF 15+ sunscreen and lip balm

Education and Training

Sun protection training materials will be provided to staff, encouraging them to practice sun safety either while on the job or engaging in any outdoor activities.

Educational materials will be designed to:

- enhance the understanding and compliance of sun safe working conditions
- provide employees with information to perform self-examination of their own skin
- provide managers and supervisors the tools to act as positive role models
- provide the knowledge to adopt sun protection practices for municipal social events
- promote the use of sun protection measures in all facets of life, on or off the job

Employees Will:

- be responsible to heed and process SunSmart UV alerts
- be responsible for their own sun protective practices at work
- participate in sun protection education programs

The US EPA SunWise program provides information and action steps that can be found here:

<http://www2.epa.gov/sites/production/files/documents/actionsteps.pdf>

Additionally, an online training course for recreation staff can also be accessed on the US EPA SunWise website: <http://cfpub.epa.gov/sunwiserec/>