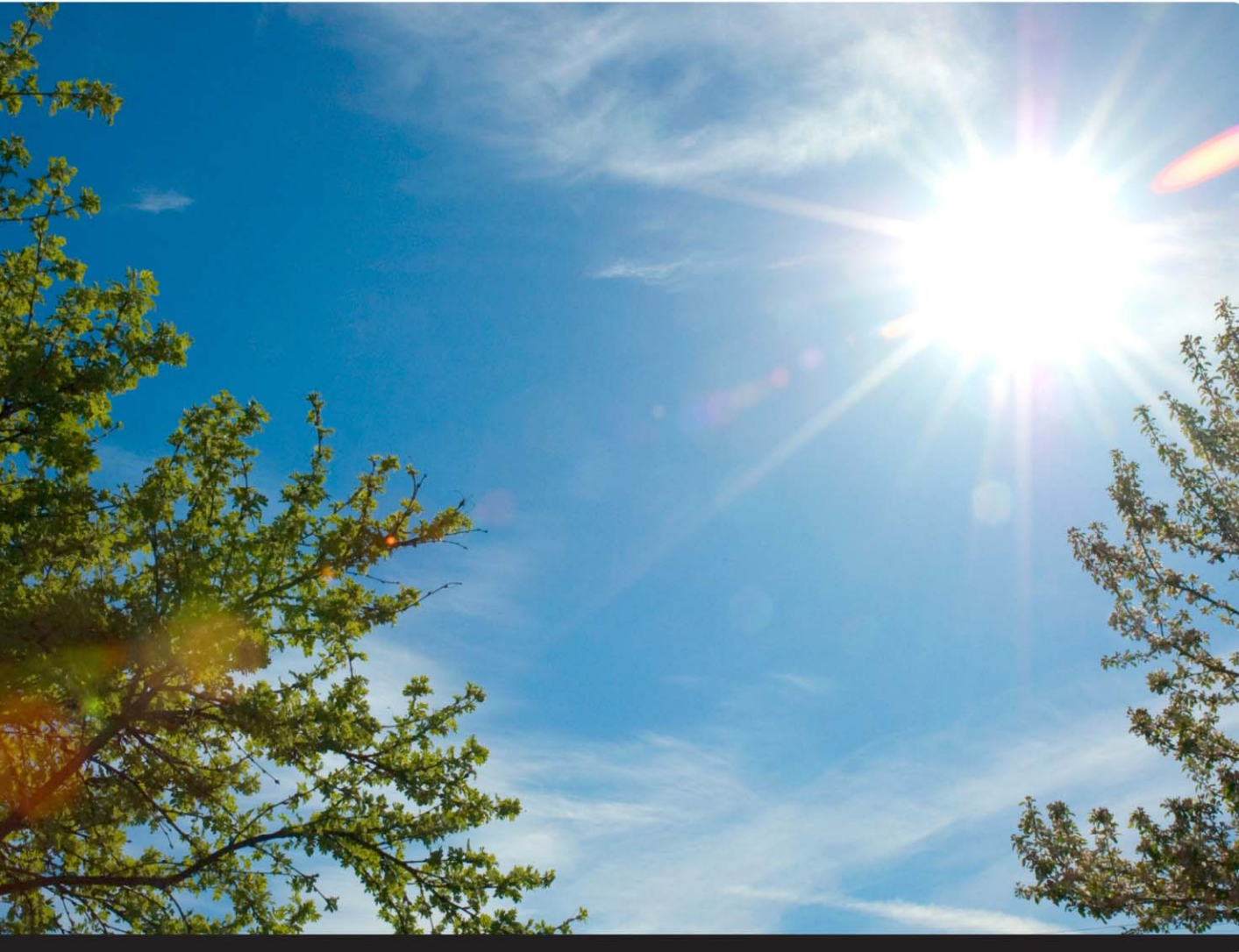


SAFETY MEETING

UV Radiation Hazards



presentation



OFSWA
Ontario Forestry Safe Workplace Association

Partners on the Road to Zero

Purpose of the meeting

- Learn about hazards associated with ultraviolet radiation
- Focus on dangers of exposure to UV sources
- Identify the health risks associated with UV radiation
- Discuss control measures to reduce or eliminate the risks

Three groups

- UV radiation is divided into three groups according to its effects on living tissue:
- UVA – responsible for pigmentation of skin
- UVB – most potentially harmful, causes sunburns and can lead to skin cancer
- UVC – absorbed by air, does not reach the Earth, but can be emitted from other sources such as fluorescent lights and xenon arc lamps

Sources of UV exposure

- Sun
- Electric welding arcs
- UV curing lamps
- Black lights
- Germicidal lamps
- UV lasers
- Lighting
- Tanning lamps

Harmful effects of UV

- Sunburn
- Welder's flash
- Retinal burn
- Skin cancer
- Photoaging
- Cataracts

How to minimize exposure

- Make use of natural or artificial shade
- Cover up
- Try to schedule other tasks during peak UV period of 11 a.m. to 3 p.m.

Personal protection from UV

- Wide-brimmed hat
- Closely-woven clothing
- Sunscreen (SPF 15 or higher)
- Protect lips with sunscreen or lip balm
- UV-blocking sunglasses or safety glasses

Company strategies

- Reschedule work
- Increase rest breaks
- Increase work crews
- Provide sunscreen
- Provide first aid training

When a worker has been overexposed...

- Provide first aid as required
 - Eyes: sterile dressing and medical attention
 - Skin: cold water or ice on the affected area and medical attention
- Then carry out a UV safety audit to prevent future injuries

Safety considerations

- Use sunscreen with an SPF of 15 or higher
- Apply it 20 minutes before exposure and reapply it often
- Cover up
- Protect your eyes
- Limit exposure to UV

Always respect the sun

- You will burn as badly on a hazy day as on a sunny day
- Don't fall asleep in the sun
- Skin can burn all year round
- Water, snow, sand and concrete can reflect the sun's rays

Wrap-up

- Protect yourself
- There is a link between UV exposure and skin cancer
- Avoid sun exposure between 11 a.m. and 3 p.m. when UV levels are high
- Stay out the sun and in the shade when your shadow is shorter than you
- Wear appropriate PPE
- If there has been overexposure, provide first aid and perform a company safety audit
- Be proactive in your workplace in finding ways to minimize UV exposure