



## Outdoor Working Policy

Author: Iain Mackie

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Signed:  
Chief Executive Officer

# **Outdoor working Policy**

When working outdoors the effects of the weather in the UK environment can potentially have a serious impact on an employee's health if the risks have not been considered or properly managed. This impact may be immediate or it may occur over a long time period.

When working outdoors the weather can have influence an individual's effectiveness, in these circumstances some of the most effective ways of managing these environments are to introduce some simple control measures.

## **Working in the sun**

Too much sunlight is harmful to your skin. It can cause skin damage including sunburn, blistering and skin ageing and in the long term can lead to an increased risk of skin cancer. Skin cancer is one of the most common forms of cancer in the UK with over 50,000 new cases every year.

A tan is a sign that the skin has been damaged. The damage is caused by ultraviolet (UV) rays in sunlight.

## **Who is at risk?**

If work keeps you outdoors for a long time your skin could be exposed to more sun than is healthy for you. You should take particular care if you have:

- fair or freckled skin that doesn't tan, or goes red or burns before it tans
- red or fair hair and light coloured eyes
- a large number of moles

## **What can you do to protect yourself?**

**People can manage their exposure to the sun by complying with our guidance.**

## **Guidance**

If practicable avoid working in direct sunlight especially between the hours of 11am and 3pm in summer months.

Wear loose fitting clothing. The practice of working without a shirt or at least a collared tee-shirt should be forbidden.

Use suncream

Drink plenty of water.

Seek shade during the hottest part of the day and take breaks in the shade

**Intact Provision**

Intact have a stock of sun cream which staff and volunteers are encouraged to wear in hot weather and strong sun. This will be communicated to staff and volunteers at Induction phase and reinforced by Line Managers and the reception team.

Intact will provide access to cold water when staff and volunteers are on shift. This is available upon request from the Centre Support and Advice Officer on reception.

When taking part in off-site walks or trips, sun protection will be written into the risk assessment and re-enforced with staff, volunteers and service users.

Intact will encourage staff and volunteers to wear head cover/hats/caps

Signed: .....

Date: .....

On behalf of the Ingol and Tanterton Community Trust