



## **PERMACULTURE NOOSA SUN PROTECTION POLICY**

### **POLICY MOTIVATION**

Queensland has one of the highest rates of skin cancer in the World. Sun protection is required when the UV levels reach 3 and above. In Queensland, sun protection is required all year, even in winter, due to consistently high UV levels. Of all new cancers diagnosed in Australia each year, 80 percent are skin cancers.

Workers including gardeners who work outdoors for all or part of the day have a higher than average risk of skin cancer due to ultraviolet radiation in sunlight – UV is a known carcinogen.

All skin types can be damaged by exposure to UV. Damage is permanent and irreversible and increases with each exposure.

Permaculture Noosa has an obligation to provide a garden working environment that is safe and without risks to the health of our members and volunteers. This obligation includes taking proper steps to reduce known health risks associated with exposure to UV for outdoor workers.

### **AIM**

This policy aims to provide organisational support to reduce member, volunteer and visitor exposure to UV by implementing appropriate sun protection control measures whilst working in the Cooroy Community Permaculture Gardens and participating in various outdoor events and activities.

### **OUR COMMITMENT**

- Permaculture Noosa recognises that a combination of sun protection measures, including shelter, administrative controls and personal protective equipment and clothing, provides the best protection for members, volunteers, workers and visitors from exposure to UV.
- Permaculture Noosa will reduce member, volunteer and visitor exposure to UV by requiring outdoor gardening workers and volunteers to use sun protection measures at all time.
- All visitors will be advised to use sun protection when outside during daily sun protection times (when UV Index is 3 or above).

### **Garden Environment Controls**

- Provide shaded garden areas and temporary shade where possible. Planning is underway to provide a permanent fixed shelter in the gardens for meetings, potting plants, relaxation and information gatherings during peak UV times.
- Encourage workers where possible, to work in shaded areas.
- Use shade for all our outdoor events.
- Plan for shade buildings and continue to plant shaded areas within the gardens.

### **Permaculture Noosa Administrative Controls**

- Schedule outdoor working bee tasks to occur when levels of UV are less intense, such as earlier in the morning or later in the afternoon.
- If garden work or community activities are planned during the middle part of the day, activities will take place under shelters or shade.
- During working bees, rotate workers between indoor/shaded and outdoor tasks to avoid exposing any one individual to UV for long periods of time.

### **Personal Sun Protection measures advised during sun protection times**

Permaculture Noosa encourages all our members and volunteers working in the gardens to cover as much skin as possible when working in the gardens –

#### **Clothing**

- Long sleeved shirt with a collar preferably made from material with a UV protection factor.
- Long trousers made from UPF50+ material.

#### **Hats**

- Sun protective hat that shades the face, head, ears, and neck and made from UV protection material and is in a broad brimmed, bucket or legionnaire style.

#### **Sunglasses**

- Sunglasses that are close fitting, have a wraparound style and have an eye protection factor of 9 or 10 (Australian standards AS/NZS 1067).

#### **Sunscreen**

- Apply broad spectrum, water resistant sunscreen and lip balm with a sun protection factor of 30+ or higher, that is applied generously 20 minutes before starting outdoor garden work and reapplied at a minimum of every two hours.

### **EDUCATION AND TRAINING**


- Provide induction sessions to members and volunteers to educate on the risks of working outdoors and how to work safely in the sun.
- Provide members and volunteers with information to effectively examine their own skin.
- Inform members of tax deduction entitlements for sun protective work equipment.
- Promote sun protective behaviour in prominent outdoor areas and at Club Days, Festivals and gatherings as a reminder to members and volunteers.
- Adopt sun protection practices during all Permaculture Noosa events, social activities and meetings.
- Promote the use of sun protection measures in everyday life.

### **MEMBERS AND VOLUNTEERS WILL**

- Co-operate with all measures introduced by the Club to minimise the risks associated with exposure to solar UV.
- Comply with instructions and advice in regards to the use of sun protection control measures.
- Participate in available sun protection education programs.
- Acts as positive role models.
- Be responsible for their own sun-protective practices in the gardens.
- Report incidences of UV overexposure, including sunburn of the skin and photo-keratitis of the eye.
- This policy will be reviewed on a regular basis, or at least every three years. Policy changes will be communicated to all members and volunteers.

**Name:** Elizabeth Webb

**Position:** Secretary, Permaculture Noosa

**Signature:** 

**Date:** 12 April 2019

**Date of next policy review:** April 2022