

SunSmart Worksheet

This worksheet can help employees engage more deeply with the topic of sun protection and early detection of skin cancer before and after watching the video. This tool can be used by the facilitator as a discussion guide or printed and given to employees to complete while watching the video.

Discussions can take place in small groups or as a large group, depending on what works best for your workplace.

Pre video questions

1. What are some ways you have personally practiced sun protection in the workplace?
2. Can you name any potential dangers of UV radiation?
3. Do you think skin cancer is a common cancer in Ireland?

Post video questions

4. Can you remember what the SunSmart 5 S's were?
5. Can you remember any of the signs of melanoma skin cancer?
6. What actions can you take as an outdoor worker to reduce your risk of skin cancer?
7. How can our workplace support outdoor workers to practice sun protection behaviours?
Are there additional supports or resources needed for outdoor workers to be more sun safe?

The facilitator can use the notes below to support the discussion of the worksheet questions.

Pre video questions

1. Workers can share some of the ways that they protect themselves when working outdoors. Answers may include: working in the shade when possible, scheduling work in the cooler part of the day when possible, taking breaks in the shade, wearing long sleeved shirts and long pants, wearing a hard hat with a neck flap or a wide-brimmed hat, wearing safety glasses with UV protection, and applying sunscreen.
2. The main cause of skin cancer is Ultraviolet (UV) radiation from the sun. Overexposure to UV radiation can damage cells in the skin and eyes, increasing your risk of skin cancer and eye damage, such as cataracts.
3. Skin cancer is the most common form of cancer in Ireland with 13,000 new cases diagnosed annually. Yet, it is one of the most preventable cancers. Skin cancer rates in Ireland are projected to more than double between 2015 and 2045.

Post video questions

4. You can reduce your risk of skin cancer by following the Healthy Ireland SunSmart 5 S's:

- Slip on clothing that covers your skin, such as long sleeves and collared shirts.
- Slop on sunscreen. Use a broad spectrum sunscreen (provides UVA and UVB protection), SPF 30 plus for adults and SPF 50 plus for children. Apply 20 minutes before going outside and re-apply every 2 hours or more often after swimming or sweating.
- Slap on a wide brimmed hat that shades your face, neck and ears or a construction helmet with a brim and a neck flap.
- Seek shade, especially if outdoors between 11am to 3pm when UV radiation is strongest. Plan to do your work outdoors early in the morning or late afternoon to avoid the peak UV sunrays. Use trees or portable shade for break times and lunch.
- Slide on UV protection sunglasses.

5. Melanoma can develop on what was previously normal skin, or can develop in a mole. Skin changes that could be melanoma include:

- A new mole that looks different to your other moles.
- A change in the size, shape or colour of a mole.
- A mole that is often itchy or bleeding.
- A change in your skin, like a new dark spot on your skin.
- A dark coloured line or patch under your nail, or any abnormal skin under your nail.

6. Become familiar with the UV index and check it regularly on the Met Eireann website.

Review your UV exposure regularly. Think about how long you spend outside and be ready with sun protection measures.

Remember the SunSmart 5 S's. Slip, Slop, Slap, Seek and Slide.

Involve all your family. Consider how much your children are exposed to the sun.

Always be prepared. Have sun protection near at hand to avoid burning or tanning.

7. The discussion that this question generates can give the facilitator helpful insight into what further training and education, protection control measures, monitoring, policies or resources can be explored in the future to support sun protection behaviours in the workplace.