



## 1 Purpose

This guideline describes steps to reduce the risk of preventable public health ultraviolet (UV) radiation exposures at mass gatherings on the Gold Coast.

## 2 Scope

This guideline relates to organisers of mass gatherings, as Gold Coast has an extreme UV environment all year round and one of the highest rates of skin cancer in the world. It is vital that event organisers consider the health and safety of staff, volunteers, participants and spectators.

## 3 Guideline for Skin Cancer protection at mass gatherings

UV radiation is a known carcinogen. It is also the major cause of skin cancer in Australia and represents a major workplace hazard to employees who spend some, or all, of their working day outdoors

- 3.1. Queensland Work Health and Safety Act require employers to ensure their employees can work safely and without risk to their health - this includes exposure to UV radiation.
- 3.2. Employees also have a responsibility for their own safety and health and must follow UV radiation protection policies and use sun protective measures where provided.

### Uniforms

- 3.3. Where uniforms are supplied by the event organiser, uniform design should cover as much skin as possible. Collared shirts with long sleeves and long pants provide the best sun protection.
- 3.4. Uniform design should be loose fitting and lightweight (fabric must still be of a close weave construction for UV protection). Avoid multiple layers that trap heat.
- 3.5. Fabrics used should have a high ultraviolet protection factor (e.g. 50<sup>+</sup>UPF or very close weave), reduce reflection onto exposed skin (darker colours) and draw perspiration away from the body to help the body stay cool.
- 3.6. Sun protective hats need to shade the face, head, ears and neck. As with clothing, the overall protection provided depends the hat material together with the design. Broad brimmed and bucket hats provide the most sun protection for the face and head. Broad brimmed hats should have a brim of at least 7.5cm. Bucket hats should have a deep crown, sit low on the head and have an angled brim of at least 6cm.
- 3.7. Sunscreen is an essential component of sun safety. All persons should be enabled to use sunscreen on exposed areas of skin at least 20 minutes before sun exposure and reapply at least every 2 hours. Sunscreen should have a sun protection factor (SPF) of 30 or above, be broad spectrum and water-resistant. Sunscreen should be stored in a cool place (below 30°C).
- 3.8. If security measures prevent sunscreen being brought into a venue where spectators will be exposed to sunlight, the event organiser has a duty of care to arrange for easy access to broadspectrum (SPF 30 or above) sunscreen within the venue to enable sunscreen use every 2 hours. A [sunscreen calculator](#) can be used to estimate the amount of sunscreen required per person per day.

- 3.9. Eye protection is an important part of sun safety. Sunglasses should conform to the Australian Standard AS/NZ 1067:2003 EPF rating 1-10. A close fitting, wrap around style offers the best protection as it reduces UV radiation entering the eye from the side of the face.

### Shade creation

- 3.10. Sufficient shade should be available in areas where people gather for prolonged periods, such as queuing or open event viewing areas. Natural shade (trees) should have dense foliage to block sufficient sun for protection. Built and natural shade should address daily shade patterns to ensure shade is provided in the space required at the time of use (daily shade patterns). Reflected UV from surrounding structures/environments should also be considered. Shade creation guidelines and resources are available on the Queensland Health [website](#).

### UV and heat illness

- 3.11. Event organisers should develop [UV and Heat Illness guidelines](#)\* for each venue. These guidelines should be displayed in prominent location (website or noticeboard).

### Sun safety education and awareness

- 3.12. Information that outlines the UV and heat illness guideline and times\* when UV protection is required for the event should be effectively communicated to staff, volunteers, participants and spectators prior to the event. (\*as determined by [SunSmart's daily local sun protection times](#) and the [Sports Medicine Australia heat illness chart](#)).
- 3.13. Train staff and volunteers to understand UV radiation risk and behaviours they should demonstrate to minimise risk (slip, slop, slap, seek and slide). Use [this video](#) from Cancer Council Queensland.
- 3.14. Use images that demonstrate sun safe behaviours in event promotional materials.
- 3.15. Use the [sun safe widget](#) to provide daily advice for Gold Coast UV protection times.
- 3.16. Promote the [SunSmart App](#) for iOS and Android.
- 3.17. Play the [Sid Seagull TVC](#) during appropriate breaks in the event proceedings to remind patrons about sun protection and [SunSmart's pre-recorded public announcements](#) over a loudspeaker during the event to remind patrons to use and reapply sun protection every 2 hours.
- 3.18. Play the [Sun Sound](#); a catchy jingle designed to be played at regular intervals on loud speakers in outdoor areas, as a friendly reminder for people to protect their skin from the sun.

#### 4 Supporting /Relating Documents and Suggested Reading

\*<http://sma.org.au/wp-content/uploads/2010/02/UV-Exposure-and-Heat-Illness-Guide.pdf>  
<http://www.sunsmart.com.au/uv-sun-protection/uv/uv-widget>  
<http://www.sunsmart.com.au/tools>  
<http://www.sunsmart.com.au/communities/festivals-and-events>  
<http://www.sunsmart.com.au/>

#### 5 Consultation

These guidelines are endorsed by Preventive Health Branch (Queensland Health) and Cancer Council Queensland.

#### 6 Guideline Development/Revision and Approval History

Version No	Developed/Modified by	Content authorised by	Approved by	Date of Effect	Last Reviewed
1	Helen Clifford Senior Health Promotion Officer	Sharon Jurd Service Director Public Health	Lisa Roberts A/General Manager CASS	<i>Not until available on Intranet</i>	
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#### 7 Approval and Implementation

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**Signature**

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