

Facilitator Guide and Worksheet for the *Sun Safety at Work: Worker Video*

We have created a three minute video and worksheet about solar UV and heat exposure for outdoor workers. The video is available for streaming or download in multiple languages from sunsafetyatwork.ca. The worksheet helps employees engage more deeply with the topic of sun safety 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.

The facilitator will need:

- Copies of the worksheet (on page 3)
- Pens or pencils
- Audio/visual to show video
- Downloaded version of the video or capacity to stream the video online

Proposed outline of how to use the video and worksheet (20 minutes):

- 5 minutes: Discuss questions 1 and 2 before watching the video
- 3 minutes: Complete questions 3-7 while watching the video
- 5 minutes: Discuss answers to questions 3-7
- 7 minutes: Give employees time to think about question 8 and then discuss answers

The worksheet is found on page 3. The facilitator can use the notes below to support the discussion of the worksheet questions.

1. This question gives the supervisor/presenter an opportunity to learn about their staff's understanding about the workplace's policy/practices on sun safety. This question also gives the presenter an opportunity to discuss their workplace's current policy for solar UV and/or heat stress and highlight various aspects of the policy including roles and responsibilities. If there is currently not a policy in place, the presenter can use this time to review some of the practices that the workplace implements to protect workers from the sun.
2. 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, drinking water on a regular basis, 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/lip balm.
3. Answer: Sun exposure is the main cause of skin cancer in Canada. Outdoor workers are up to 2.5 and 3.5 times more likely to get skin cancer.

4. Answer: Workers are not wearing a hat, hat with a brim, or a neck flap. Other workers are not wearing long sleeved shirts but are wearing long pants. Some outdoor workers are not wearing sunglasses to protect their eyes. The staff working in the garden may have been able to use a shade tent.
5. Answer: Extreme fatigue, nausea, dizziness, confusion, muscle cramps, fast shallow breathing.
6. Answer: Solar UV levels are the highest between 11am and 3pm.
7. Answer: Long sleeved clothing, long pants, wide-brimmed hat or hard hat with a brim and neck flap, safety glasses with UV protection, and sunscreen that is a minimum SPF 30, broad spectrum, and water resistant.
8. This final question can be completed once the video is finished. The discussion that this question generates can give the presenter helpful insight into what procedures, resources, or tools can be explored in the future to support sun safe behaviors in the workplace.

Worksheet for the *Sun Safety at Work: Worker Video*

Pre-viewing questions

1. What are some components of our workplace policy (or practices if a policy is not currently in place) that prevent exposure to solar UV and heat from the sun?

2. In the past, what are some ways you have personally practiced sun safety in the workplace?

3. What is the main cause of skin cancer in Canada?

Complete the following questions while watching the video

4. Identify workers in the video who could do a better job protecting themselves from exposure to solar UV and heat from the sun. What could they do differently?

5. List four out of the six symptoms of heat stress:

6. What times of day are solar UV levels highest?

7. Personal protection, or personal protective equipment, should be the last line of defense. List four items of personal protection for sun safety:

Discuss the following question as a group

8. How can our workplace support outdoor workers to practice sun safe behaviors? Are there additional supports or resources needed for outdoor workers to be more sun safe?
