

OUTDOOR WORKER SUNSMART PPE GUIDE

Protect Yourself. Protect Your Team.



1 BROAD-BRIM HAT OR HARD HAT SUN FLAP



Why?

Protects the face, ears and neck from direct UV exposure.

- ✓ Wear whenever working outdoors.

2 LONG-SLEEVED UPF CLOTHING



Why?

Reduces UV exposure to the arms and shoulders.

- ✓ Choose lightweight, breathable UPF-rated clothing.

3 LONG TROUSERS



Why?

Protects the legs from UV exposure while remaining comfortable.

- ✓ Lightweight fabrics are best for hot conditions.

4 UV-RATED SAFETY SUNGLASSES



Why?

Protects the eyes from ultraviolet radiation and flying debris.

- ✓ Ensure they comply with Australian Standards.

5 SPF 50+ BROAD SPECTRUM SUNSCREEN



Why?

Provides additional protection for exposed skin.

- ✓ Apply 20 minutes before going outdoors.
- ✓ Reapply every 2 hours or after heavy sweating.

6 STAY HYDRATED



Why?

Hydration helps reduce the risk of heat illness.

- ✓ Drink water regularly.
- ✓ Don't wait until you're thirsty.

7 SEEK SHADE



Why?

Reduces direct UV exposure and assists cooling.

- ✓ Take breaks in shaded or cooled areas whenever possible.

8 CHECK YOUR SKIN



Why?

Early detection saves lives.

- ✓ Check your skin monthly.
- ✓ See your GP if you notice any changing spots.

THE SUNSMART CHECKLIST

Before starting work, ask yourself:

- | | |
|--|--|
| ☐ Hat on | ☐ SPF 50+ sunscreen applied |
| ☐ Long sleeves | ☐ Water bottle filled |
| ☐ Long trousers | ☐ Shade identified |
| ☐ UV safety glasses | ☐ Ready to work safely |

SPOTRISK TIP



**PPE is your
last line of defence.**

The most effective workplaces combine:

- ✓ Planning
- ✓ Shade
- ✓ Hydration
- ✓ Work scheduling
- ✓ Training
- ✓ SunSmart PPE



**PROTECT PEOPLE
PROMOTE HEALTH
STRENGTHEN WORKPLACES**



Working together to prevent skin cancer and heat-related illness.



SpotRisk Advisory Group

Helping organisations reduce UV exposure and heat-related risks through practical workplace solutions.



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Assess. Manage. Protect.

**BE SUNSMART.
BE HEAT SMART.
BE SPOTRISK SMART.**