

Over these past couple of weeks, we've been having a wide variety of weather. But whenever the sun appears in the sky, it's always good to remember the **SUNSMART** messages.

Have a read in your **Healthy Workplaces Update for March ...**



- **SunSmart in Workplaces**
- **Upcoming dates for your health calendar**
- **Ideas to share and be more active in Christchurch**

SunSmart in Workplaces

Employers have a duty of care to protect their workers. With changes to the Health and Safety legislation there is an increasing emphasis on minimising risk in the workplace. There are many ways that UV exposure in the workplace can be minimised. Cooperation between employers and employees is the best way to achieve this.

What employers can do:

- ☀️ Develop a sun safe policy or include sun safety in a staff health and wellbeing policy – and enforce it (*have a look at the example below*)
- ☀️ Lead by example and encourage managers to role-model sun safe behaviour
- ☀️ Reduce the amount of time their workers spend outdoors during the hottest parts of the day
- ☀️ Provide and maintain sunscreen, broad-brimmed hats, sunglasses, long-sleeved shirts, drinking water, water bottles and sun shade
- ☀️ Allow time at work to put on sunscreen and sun-safe clothing
- ☀️ Encourage staff to be SunSmart – when working outside, if they're having breaks outside, and on their way to and from work
- ☀️ Display SunSmart messages (<https://www.sunsmart.org.nz/resources>) – *have a look at examples of 'personalised' SunSmart posters for your workplace below*
- ☀️ Provide training around 'best practice' for sun protection
- ☀️ Tint vehicle and office windows, or install blinds
- ☀️ Encourage staff to check their own skin and see their GP if they have any concerns or offer a subsidy for, or fund annual skin checks (<https://waikato-bop.cancernz.org.nz/assets/Sunsmart/Information-sheets/Skin-cancer/IS-WhereCanIGetMySkinChecked-12Aprl2012.pdf>)

Example of a SunSmart policy:

To help you stay safe in the sun we [here at ...] will be providing: *[Choose from the list above what help your workplace will offer, or add your own]*

- Free sunscreen for everyone – it can be found at *[add location]*.
- Wide-brimmed hats to borrow when you go outside – these can be found at *[add location]*.
- The day's Sun Protection Alert will be *[add location where the Sun Protection Alert will be displayed]* so you know the times of day when UV levels are high and you need to be SunSmart.

Or be inspired by this SunSmart policy:

<https://wellington.cancernz.org.nz/assets/Sunsmart/Workplaces/Outdoorworker-Policyform-30April2012.pdf>

Have a look at these are examples of 'personalised' SunSmart posters for your workplace:

<https://wellington.cancernz.org.nz/assets/Sunsmart/Workplaces/SunsmartPosterA3-151112f.pdf> or <https://wellington.cancernz.org.nz/assets/Sunsmart/Workplaces/NZ-Post-How-to-be-SunSmart-5Nov2013.pdf>

What employees can do:

Being SunSmart means remembering to use your workplace's sun protection system:



Whenever possible, work and take breaks in the shade and **slip** on sun protective clothing.



Slip on a long-sleeved shirt with a collar and wear long pants. No sunscreen can filter out all UV radiation so cover up as much skin as practical and plan outdoor activities for early or late in the day with the sun's UV levels are lower.



Slop on a broad-spectrum, water-resistant sunscreen of SPF30 or more on all uncovered skin (aim to use 7 teaspoons for your whole body). Do it 20 minutes before going out so it can form a protective layer. Reapply every 2 hours and do this more often if you're sweating or in the water.



Slap on a wide-brimmed hat or a cap with flaps – a cap without flaps doesn't protect your ears, neck, cheeks or chin. When you wear a hard hat or helmet, use a sun brim and neck flap.



Wrap on a pair of close-fitting, wrap-around sunglasses.

Cancer Information Helpline 0800 CANCER (226 237)
www.cancernz.org.nz • www.sunsmart.org.nz

Upcoming events for your calendar

March Melanoma Awareness Month

Stay SunSmart Month (check out <http://wellplace.nz/event-calendar/staysunsmart-in-march/>)

6 – Census 2018 <http://census.govt.nz> to complete yours online before or on 6 March

14 - Walk to Work Day (check out <http://www.livingstreets.org.nz/walk2work/toolkit>)

20 - World Oral Health Day (www.healthysmiles.org.nz/default,1356,national-oral-health-day-.sm)

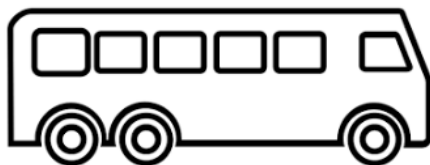
April 23 April / 1 May - World Immunisation Week

28 – World Day of Safety and Health @ Work (<http://www.un.org/en/events/safeworkday/>)

Ideas to share and become more active in Christchurch

Remember to check out

www.metroinfo.co.nz/journeyplanner/?Region=Christchurch&mode=full



to help plan your

trip to and from these events

Depression & Mental Health with Mike King – 10am on Friday 2 March at Eastgate Mall.

All welcome to come to the main centre stage area (opposite Pascoes) at Eastgate Mall to hear Mike King speak on the theme “Let’s Stamp Out STIGMA attached to mental health.”

Beachnet - From 10am, Saturday 3 March – The Elmwood Club, 83 Heaton Street

A brand new event in New Zealand is being held next month. Beach Netball is an extension to the traditional game of netball, played on a half-court marked out in the sand. There will be three courts going all day.

Games are 10 minutes with 2 minutes between each game with the finals at 8pm. There are two grades, Senior & Youth (under 18). Find out more information at www.beachnetnz.com

Canterbury Japan Day - 9.30am to 4pm, Sunday 4 March - Riccarton Park Centre, Racecourse Rd

Free family event to explore, learn and experience Japanese culture. More information can be found at www.japanday.isc.org.nz

Children’s Day - 11am to 3pm, Sunday 4 March – Corner New Brighton Road and Locksley Avenue

Share the love! Bring your children along to a day of free games and activities to celebrate *Te Ra O Te Tamariki* - Children's Day. This year’s event includes performing arts, crafts, demonstrations, sports, activities and games for the whole family.



Culture Galore - 10 March, 12 noon-4pm, Ray Blank Park, Maidstone Road

Free entry, family event to celebrate culture showcasing, arts, crafts, stage demonstrations, and global food. All welcome. For more information visit ccc.govt.nz/events or call 941 8999. Cancelled if wet.

LYFE - Noon to 4pm, Saturday 17 March – Linwood Park, Linwood Ave, opposite Eastgate

Take the whānau to join the young people of Linwood to experience the best in music, dance, sport and fun activities. Please leave dogs at home. Go to www.lyfe.co.nz for more info or tune into Mai FM 88.9. Free entry. Cancelled if wet.



Red Zone Walk for Dementia – from 1.30pm, Sunday 25 March, Avebury House (9 Eveleyn Couzins Ave, Richmond)

A fundraising guided walk around regenerated space in support of Dementia Canterbury. The walk will be a loop designed to cater for all ages and fitness levels, to take in the sights and history of the surrounding area. Cantabrians are encouraged to walk in memory of, or in support for those living with dementia in our community. For more information and how to register: <https://www.dementiacanterbury.org.nz/events> or phone 379 2590 or email karon@dementiacanterbury.org.nz

Want more information about the Healthy Workplaces Update?

Please contact **Ann Vanschevensteen**, Healthy Workplaces and WorkWell Advisor at Community & Public Health (a division of the Canterbury DHB) on **378 6781** or ann.vanschevensteen@cdhb.govt.nz