

SUMMER SUN SAFETY TIPS

Summer is almost here! Who doesn't want to be outside, sunbathing, swimming, playing catch on the beach or just barbequing in the backyard? While summer means fun in the sun, make sure you're not getting too much of a good thing.

Being sun safe doesn't mean you have to hide in a cave! However, even on a cloudy day and in winter, you should follow these steps to protect your skin.

- ☼ Try to limit the amount of time you spend in direct sun between 11 am and 3 pm.
- ☼ Seek out shade, or make your own shade with an umbrella or awning.
- ☼ Cover up with loose-fitting, tightly woven clothing that covers your arms and legs.
- ☼ Wear a wide-brimmed hat that protects your face, neck and ears.
- ☼ Use sunglasses that block both ultraviolet-A (UVA) and ultraviolet-B (UVB) rays, to protect your eyes. For winter sports, be sure to protect your eyes with goggles.
- ☼ Smooth on some sunscreen to give you added protection from the sun, especially when you can't find shade or cover up with clothing.
 - Your sunscreen should have a minimum Sun Protection Factor (SPF) of 30 and should be labelled "broad-spectrum".
 - Apply enough to leave your skin white - it will soak in. Use lipstick or SPF 30 lip balm to protect your lips.
 - Reapply sunscreen throughout the day, especially if you are spending time on or in water, or if you are sweating from physical activity.



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WORKING AT HEIGHTS

Falls from elevation result in some of the most serious, work-related injuries. Proper planning, supervision, training, and use of a fall protection program can reduce or eliminate the risk of falling from ladders, buildings, roofs and scaffolds.

The *Occupational Health and Safety Regulation (11.2)* requires employers to have a fall protection system in place when:

- a fall from 3 m (10 ft) or more may occur, or
- if a fall from a height of less than 3 m (10 ft) involves a greater risk of injury than on a flat surface.

When working at heights at or above 3 meters workers **must be** trained on safety procedures. Roof access and working at heights in our District is limited to those who have completed the Fall Protection Program.

Each time a worker accesses a roof they must complete the Roof Access Log, see image below.

If you are not trained, you are not authorized to access roofs or areas over 3 m without guardrails.

Greater VICTORIA School District			
Roof Access Log			
To be completed by the person accessing the roof			
Date:		Name(s):	
Describe Work Task			
Expected Work Duration			
Who has been informed that you are about to access the roof?			
Safety Monitor Required?	<input type="checkbox"/> Yes <input type="checkbox"/> No	Safety Monitor Name: _____	
To be completed by the Safety Monitor			
Reviewed Work Procedure: Control Zone & Safety Monitor			<input type="checkbox"/> Yes <input type="checkbox"/> No
Reviewed School Emergency Response Plan			<input type="checkbox"/> Yes <input type="checkbox"/> No
Means to Call for Help?	<input type="checkbox"/> Yes <input type="checkbox"/> No	Circle One: Phone Radio Other: _____	

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