





SunSmart Survey for skin cancer prevention in outdoor workers

You are invited to take part in this survey for outdoor workers.

The purpose of the survey is to find out about how you are protected from ultraviolet (UV) rays when working outdoors.

Participation in this survey is voluntary and all responses are anonymous. The survey will take 5-6 minutes to complete.

You will be asked a number of questions on your exposure to ultraviolet (UV) rays in your work, sun protection measures, sunburn, and awareness of the risks from the sun.

Your anonymous feedback will be used to help us to get a better understanding of the sun behaviours and skin cancer prevention in outdoor workers.

I have read the information provided relating to this study. I have had enough time to consider the information. I understand that my participation is voluntary and that I am free to withdraw at any time.

Do you wish to proceed?

Yes	
No	







Skin Cancer Prevention Survey

1. Gender

Male	
Female	
Prefer not to say	

2. Age

Less than 18	
18-24	
25-34	
35-44	
45-54	
55-64	
65-74	
75+	

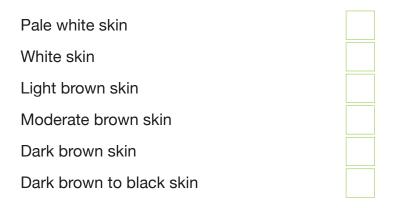
3. What type of outdoor work do you do? (this is workplace specific please categorise your employees depending on the nature of their work, e.g farming, construction, gardening, transport, postal service etc.)







4. What is your natural (non-sun exposed) skin colour?



Score	Description	Female	Male
0–6 Type I	Pale white skin Extremely sensitive skin, always burns, never tans Example: red hair with freckles		
7-13	White skin		
Type II	Very sensitive skin, burns easily, tans minimally Example: fair skinned, fair haired Caucasians, northern Asians	6	
14-20	Light brown skin		
Type III	Sensitive skin, sometimes burns, slowly tans to light brown Example: darker Caucasians, some Asians		e
21-27	Moderate brown skin Mildly sensitive, burns minimally, always tans to moderate		
Type IV	brown Example: Mediterranean and Middle Eastern Caucasians, southern Asians		
28-34	Dark brown skin	6	
Туре V	Resistant skin, rarely burns, tans well Example: some Hispanics, some Africans		
35+	Deeply pigmented dark brown		
Type VI	to black skin Very resistant skin, never burns, deeply pigmented Example: darker Africans, Indigenous Australians		

* The information published here is not intended to take the place of medical advice. Please seek advice from a qualified health care professional.







5. What happens to your skin when you go out in the sun <u>without</u> <u>sun protection</u>?

Always burns, never tan Burns easily, tans minimally Sometimes burn, slowly tans to light brown Burns minimally, always tans to moderate brown Rarely burns, tans well Never burns, tans very easily

UV Exposure

6. When do you mainly work outdoors?

Early morning (before 11am) and/or late afternoon/evening (after 3pm)
Mid-day (11am-3pm)
All day

7. When working outdoors, are you exposed to the sun for:

Less than one hour
Between 1-3 hours per day
Greater than 3 hours per day







8. Is it possible for you to limit the amount of time you spend working in the sun during mid-day hours (11am-3pm)?

Yes	
No	
Sometimes	

9. Do you do a lot of outdoor work between April and September?

Yes	
No	

10. Is shade provided when you are working?

Shade is provided (canopy, umbrella, tent, vehicle) Some shade (natural shade from trees or shade from the side of buildings) No shade

11. Is shade provided when you are taking a break?

Shade is provided (canopy, umbrella, tent, vehicle) Some shade (natural shade from trees or shade from the side of buildings) No shade

12. Do you work around reflective surfaces?

No	
Yes: concrete, white paint	
Yes: asphalt, grass/parklands	







13. How much time do you spend in vehicles?

Less than 1 hour	
Between 1-3 hours	
Greater than 3 hours per day	

14. Is there window tinting in the vehicles you drive?

(Laminated windscreens have UV protection of 50+, while plain window glass in car side windows is usually about UV protection 12, unless clear or tinted film is applied).

Yes	
No	

Sun Protection

15. Which, if any, of the following methods of sun protection do you use while you are at work (provided by yourself or the employer)? (tick all that apply)

	Provided by Yourself	Provided by your Employer
Long sleeves		
Long leg cover		
Wide-brimmed hat		
UV protection Sunglasses or safety glas	sses	
Use sunscreen		
Other (please specify)		
No protective measures taken		







IF WEARS SUNSCREEN ASK NEXT QUESTION (if using survey monkey)

16. Which sunscreen Sun Protection Factor (SPF)¹ do you use most often?

SPF less than 15	
SPF 15-30	
SPF 31-50	
50+	
Unsure	

ASK ALL (if using survey monkey)

17. How do you decide when to take sun protection measures? (tick all that apply)

Summer months	Wind conditions	
Temperature	Humidity	
Cloud cover	Wear sunscreen all year	
UV index		

Other (please specify)

18. Have you heard of the UV index?

Yes	
No	
Don't know	







If YES (if using survey monkey)

19. Where do you access/look up the UV index

l don't look it up		Newspaper
Radio		Television
Met Éireann		Smartphone App
Online		
Other (please specif	Ξy)	

Sunburn

20. How many times have you experienced sunburn? (red skin for hours after being in the sun)

	Never	1-2 times	3-4 times	5+ times
Last year				
Lifetime				

21. Have you experienced sunburn while working outdoors?

	Never	1-2 times	3-4 times	5+ times
Last year				
Lifetime				







If YES ASK NEXT 2 QUESTIONS (if using survey monkey)

22. Where on your body have you experienced sunburn most often?

(tick all that apply)

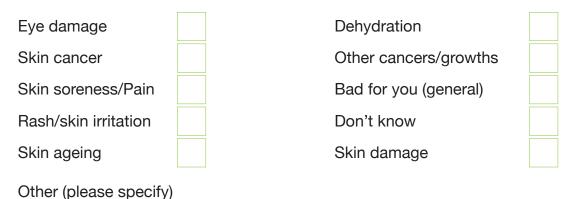


23. Where on your body have you experienced the <u>worst sunburn</u>? (tick all that apply)



Risk awareness

24. Select any potential dangers of UV rays? (tick all that apply)







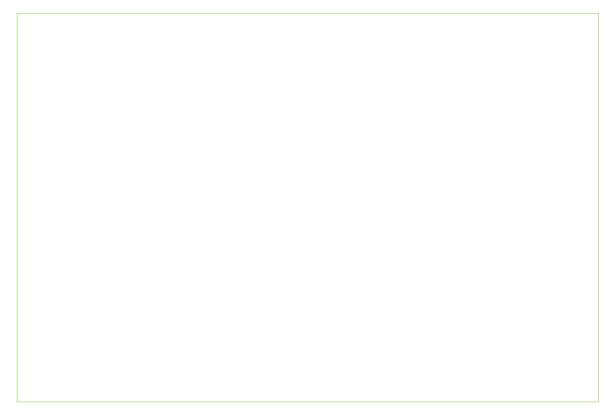


25. Select the most common ways you have heard or read information about skin cancer prevention? (tick up to three)



Other (please specify)

Any other comments:



Thank you for your time in completing this survey





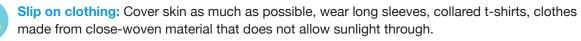


Remember to protect your skin and eyes

Protect your skin



Know the UV index: When the UV index is 3 or above you need to protect your skin. In Ireland, the UV index is usually 3 or above from April to September, even when it is cloudy. Stay safe by limiting time in the sun when UV is strongest, typically between the hours of 11:00am-3:00pm





Slop on broad-spectrum (UVA/UVB) sunscreen. Apply sunscreen with a sun protection factor (SPF) of at least 30+ for adults and 50+ for children, with high UVA protection, and water resistant. Reapply regularly. No sunscreen can provide 100% protection, it should be used alongside other protective measures such as clothing and shade.

Slap on a wide brimmed hat: Protect your face, ears and neck.

Seek shade: Sit in cover of trees to avoid direct sunlight. Use a sunshade on your buggy or pram. Keep babies and children out of direct sunlight.

Slide on sunglasses: Guard your eyes from harm by wearing sunglasses with UV protection.

Do not deliberately try to get a suntan. Avoid getting a sunburn. Never use a sunbed.

