

Sun & UV Exposure

TRADE: GENERAL CONSTRUCTION

LEADER GUIDE: 8-12 MINUTES

USE WHAT FITS TODAY

LEADER NOTE

Do not read this sheet word-for-word. Pick the sections that match today's task, point to the actual equipment/work area, and get the crew to answer the questions out loud.

WHY THIS MATTERS

Use this leader guide before sun & uv exposure work to review the real setup, the controls that need to be in place, and the conditions that should stop the task. Work capacity changes with heat, cold, vibration, long shifts and basic sanitation. These conditions can reduce judgment and coordination before a worker realizes they are in trouble. Controls should be planned into the shift instead of waiting for symptoms.

A SCENARIO TO DISCUSS

The crew planned Sun & UV Exposure for a shorter, easier period, but production delays extend the task and increase the physical or environmental load. What rest, hydration, warming/cooling, rotation, or scheduling controls need to change?

BEFORE WORK STARTS

- Review environmental conditions, expected duration/workload and worker acclimatization/fitness for the task.
- Stage water, rest/warming/shade and other controls where workers can actually use them.
- Agree on symptoms and the response plan before the shift makes judgment or coordination worse.
- Plan shade, long sleeves, brim or neck protection and broad-spectrum sunscreen for extended outdoor work.
- Reapply sunscreen as directed and after heavy sweating; do not treat one morning application as all-day protection.

SAFE WORK SEQUENCE / CONTROLS

- Plan shade, long sleeves, brim or neck protection and broad-spectrum sunscreen for extended outdoor work.
- Reapply sunscreen as directed and after heavy sweating; do not treat one morning application as all-day protection.
- Watch reflective surfaces such as roofs, concrete, water and metal that can increase UV exposure.
- Encourage workers to report severe sunburn, dizziness or heat symptoms instead of pushing through the shift.

QUESTIONS THAT SHOULD CHANGE THE JOB

1. What condition in today's heat, cold, sun, workload, shift length, vibration, or sanitation setup could reduce a worker's ability to work safely?
2. Where are the planned water, rest, shade/warming, rotation, or other recovery controls, and are they available now?
3. What symptom or change in coordination/behavior means the worker stops and gets help rather than trying to finish the task?

COMMON FAILURE POINTS

- Waiting for obvious symptoms before reducing exposure or workload.
- Skipping breaks/water/warming because production is behind.
- Ignoring reduced grip, balance, attention or reaction time caused by the condition.

STOP AND RESET IF...

- A worker shows symptoms, reports reduced control or cannot safely continue the task.
- Environmental conditions exceed the plan or the required breaks, water, shade/warming or exposure controls are unavailable.
- The task duration, workload or equipment vibration changes enough to invalidate the planned limits.

4. Has the duration or physical load changed enough since the plan was made that breaks, staffing, or the work method needs to change?
5. What rest, hydration, warming/cooling, rotation, or scheduling controls need to change?

MAKE IT REAL ON THE JOB

Point out water/rest/warming/shade controls and review the symptoms that mean a worker is done for the moment.

BEFORE YOU RELEASE THE CREW

Before the crew starts, everyone should be able to explain the hazard, point to the control being used today, and name the condition that would make the work stop.

ATTENDANCE & SIGN-OFF

Sun & UV Exposure

Project / Job:		Date:	
Talk leader:		Location:	

CREW ACKNOWLEDGMENT

By signing, attendees confirm they participated in this toolbox talk and had the opportunity to raise job-specific questions. Signatures do not replace required training, qualifications, permits or certifications.

#	Name	Company / Trade	Signature
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QUESTIONS / CONDITIONS / CORRECTIVE ACTIONS

END-OF-TALK CHECK

☐ Crew can point to the main hazard.	☐ Critical control is in place and usable.
☐ The responsible person/check is clear.	☐ Stop/re-brief conditions were discussed.