SUN PROTECTION™
OCCUPATIONAL & CLINICAL SUN SAFETY

FORM SP-RA-01 · V1.0 · NOV 2026

Workplace UV risk assessment

Company	Site or depot
Province / town	Number of outdoor workers
Job groups assessed	Assessed by (name and role)
Date	SHE representative present

A. Exposure	Circle one (points)			Score
Hours outdoors per shift	<2 h (1)	2–4 h (3)	>4 h (5)	
Work between 10:00 and 15:00	Rarely (1)	Some days (3)	Most days (5)	
Months of outdoor work per year	<4 (1)	4–8 (3)	All year (5)	
Typical summer UV Index at site	≤7 (1)	8–10 (3)	11+ (5)	
Site altitude	<500 m (1)	500–1,500 m (3)	>1,500 m (5)	

B. Work system	Circle one (points)			Score
Shade available at work points	Always (1)	Some (3)	None (5)	
Shade available for breaks	Always (1)	Some (3)	None (5)	
Sunburn or heat incidents in last 12 months	None (1)	1–3 (3)	4+ (5)	
Crew can rotate tasks out of the sun	Yes (1)	Sometimes (3)	No (5)	

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C. Hazards	Circle one (points)			Score
Reflective surfaces (concrete, water, sand, asphalt, metal)	None (1)	Some (3)	Most of shift (5)	
Photosensitising substances (e.g. bitumen, some plants, some medicines)	None (1)	Possible (3)	Known (5)	
Heat stress risk (hot, humid, heavy work)	Low (1)	Moderate (3)	High (5)	

Risk score	Add A + B + C (12 questions)	Band
Total		

12–24: **Elevated** (all outdoor work in South Africa needs sun protection) · 25–42: **High** · 43–60: **Very high**. Use the controls review below to rank actions.

D. Controls review	In place	Partly	Missing	Notes
Written sun-protection policy	☐	☐	☐	
UV Index in the morning briefing	☐	☐	☐	
Heavy work scheduled outside 10:00–15:00	☐	☐	☐	
Portable shade at work points	☐	☐	☐	
Long-sleeved shirts and collars issued	☐	☐	☐	
Brimmed hats or hard-hat brims with neck flaps	☐	☐	☐	
UV-rated safety glasses	☐	☐	☐	
SPF 50 broad-spectrum sunscreen at the point of work	☐	☐	☐	
Reapply reminders (10:00, 12:00, 14:00)	☐	☐	☐	
Toolbox talk delivered in the last 6 months	☐	☐	☐	
Supervisor daily checklist in use	☐	☐	☐	
Sunscreen usage recorded per site	☐	☐	☐	
Skin-check awareness and referral route	☐	☐	☐	
Water and rest breaks for heat	☐	☐	☐	

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E. Action plan

Action (start with missing controls, highest level of the hierarchy first)	Owner	Start	Due	Done

Hierarchy of controls: eliminate or reschedule exposure → engineering (shade, canopies, tinted glass) → administrative (UV briefings, training, rotation) → PPE (clothing, hats, eyewear, SPF 50 sunscreen). Sunscreen supports shade and clothing; it does not replace them.

F. Sign-off

Assessor signature and date	Responsible manager signature and date
Next review date (before each summer, or after any incident or change in work):	

Do it online in 5 minutes

Instant score, ranked actions and a PDF report.

sp.healthbrands.co.za/assess

Want it done for you? An on-site assessment by a Health Brands SA assessor is available on quotation.