

AYR UNITED FOOTBALL ACADEMY



**POLICY**            **Electromagnetic Radiation**  
**FOR**                **VOLUNTEERS AND STAFF**  
**VERSION**        **1.2**

Created

January 2013

Passed by Board of Management

June 2013

**Next Review Date**

**September 2017**

**1. Purpose**

1.1 To protect employees and volunteers from possible risks caused by exposure to electromagnetic radiation so far as is reasonably practicable.

**2. Definitions**

2.1 The principal sources of radiation to which employees may be exposed at work include:

- radiation from the sun (outdoor work)
- radiation from VDU's
- radiation from mobile telephones
- radiation from microwave ovens

**3. References**

3.1 Health and Safety at Work etc. Act 1974

3.2 Management of Health and Safety at Work Regulations 1999

**4. Radiation from the sun**

4.1 Employees and volunteers most at risk from health risks associated with exposure to the sun are those whose roles involve significant periods of outdoor work. Short-term health effects can include sunburn and blistering and peeling of the skin. Long-term risks can include premature skin ageing and skin cancer.

4.2 Employees and volunteers working outdoors will be instructed in the possible health risks associated with exposure to the sun and will be encouraged to adopt the following good working practices:

- always keep the skin covered and refuse the temptation to remove clothing in the hot weather
- take particular care in the 3-4 hours around mid-day, when the sun's rays are strongest
- take care even on cloudy days, as the rays can penetrate clouds
- take breaks in the shade, where possible

4.3 Persons most at risk include:

- persons with fair or freckled skin, or who go red before tanning
- persons with red or fair hair and light coloured eyes
- persons with a large number of moles – (over 50)

4.4 Employees and volunteers working outdoors should protect themselves with a sunscreen of at least SPF (sun protection factor) 15, for use on parts of the body which cannot comfortably be covered by clothing – e.g. backs of hands, back of neck, face.

4.5 Where the above employees or volunteers notice the following signs, they may wish to consult their own GP.

- small scabby spots which do not disappear after a few weeks
- changed or newly formed moles, or moles which grow or bleed
- any growths which appear on the face or backs of hands

## **5. Radiation from VDU's**

5.1 Electromagnetic radiation from computer screens is currently not believed to adversely affect users, including pregnant employees and volunteers, although existing skin conditions may be aggravated in conditions of low humidity.

5.2 VDU's will be subject to assessment under the DSE Regulations (see policy on DSE) and users will follow safe working practices.

5.3 Personnel should immediately report cracked, broken or damaged screens or casings to the IT department, who will arrange for the VDU to be taken out of service until a professional assessment of the unit has been made.

## **6. Radiation from mobile telephones**

6.1 The possible effects of exposure to radiation from the use of mobile telephones are presently under research by the Government, telecommunications companies, the NRPB (National Radiological Protection Board) and the HSE.

6.2 Although "official" indications are that risks from the limited use of mobile telephones are negligible, the Academy will strive to take the prudent course of action of reducing exposure as far as is reasonably practicable.

6.3 In line with the general risk control hierarchy, the Academy will adopt the following control strategy for the use of mobile telecommunications equipment:

- encourage employees to make only short calls on mobile telephones – calls should never last for longer than 20 minutes
- encourage employees to carry mobile telephones / pagers in bags etc. where practicable, or in outer pockets, away from the body. In any case, mobile telecommunications equipment should not be carried next to the body or in front pockets adjacent to the genitals.

6.5 Where employees who use mobile telecommunications equipment experience adverse health effects believed to be associated with the use of the equipment (e.g. headaches, fatigue), symptoms should be reported immediately to their line manager.

## **7. Radiation from microwave ovens**

7.1 Microwave ovens are manufactured to strict quality and safety standards and should not pose a risk to health under normal use.

7.2 Microwave ovens will be subject to the PAT Testing regime and will be maintained and inspected in strict accordance with manufacturer's guidelines.

7.3 Under no circumstances will the microwave oven be used if the door does not close properly or if the oven casing is damaged or cracked in any way, until a professional assessment has been carried out. In addition, if the interlock switch (which switches off the oven when the door is opened) does not function correctly, the oven will not be used.

7.4 Ovens will be located on a level surface in such a position as they will not be subject to knocks and the air vents will not be obstructed by walls etc. Objects should not be placed on top of the oven during cooking cycles.