

SHINE A LIGHT ON SAFETY!

PROTECTING WORKERS FROM HARMFUL UV EXPOSURES

A Guide for Indoor Cannabis Grow Operations: Employees

Grow lamps used in indoor cannabis grow operations produce varying levels of ultraviolet (UV) light. Recent research from the University of Washington Department of Environmental and Occupational Health Sciences shows that some light bulbs may exceed health protective regulations for UV exposure. Over-exposure to UV light is known to cause skin cancer, premature aging, immune system suppression, and eye damage such as cataracts or pterygia.

WHEN DOES UV BECOME DANGEROUS?

The radiant exposure, a measure of an employee's dose, is the amount of energy received per unit area of surface, expressed as millijoules per square centimeter (mJ/cm^2).

The Washington State Division of Occupational Safety (DOSH) specifies a UV skin and eye permissible exposure limit (PEL) of 3 effective mJ/cm^2 per 8-hour work shift.

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WHAT CAN I DO TO PROTECT MYSELF?



Ask your employer about UV light hazards and controls in your workplace.



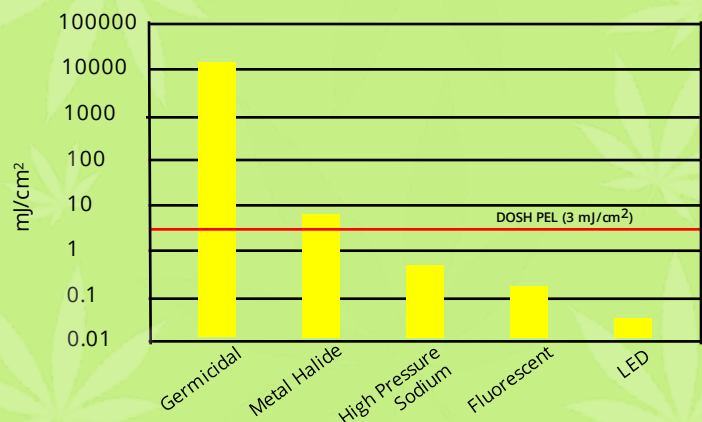
Always leave 3 feet of space between yourself and any UV-emitting bulb.



Wear protective eye-wear appropriate for the specific wave lengths emitted by the bulbs in your workplace.

HOW DO BULBS IN MY WORK SPACE COMPARE?

This graph shows the average dose of effective UV light over an 8-hour shift from 5 different bulb types commonly used in growing facilities, in comparison to the DOSH PEL. Dose is estimated at 3ft away from the bulbs.



Never enter a space where germicidal bulbs are in use. Always ensure germicidal bulbs are switched off before entering.



Wear long sleeved shirts to reduce skin exposure to UV.



Adhere to all displayed warning signs.