



Sunshine all year round for construction workers

A study conducted by researchers at Heriot-Watt University and IOM in 2018, funded by the Institution of Occupational Safety and Health (IOSH), investigated UV exposure amongst outdoor construction workers in the UK. During the summer months, these workers are at risk of excessive UV exposure due to the nature of their work but during winter months they get insufficient sun exposure to make the necessary vitamin D for health.

The research utilised a custom-built mobile phone app to remind workers to either take vitamin D during winter or to cover up and wear sunscreen during the summer months. The study found that the intervention could influence behaviour change, with the effective use of everyday technology helping to encourage safe and healthy attitudes.

However, it was established the app alone was not sufficient; employers also had a key role to play in reducing excessive UV exposure for their workers during summer.