



Sun Safety

Skin cancer is now the most common form of cancer in this country; with over 40,000 new cases registered every year, Although fair skinned people are more at risk from sun damage, sun protection is relevant to both fair and dark skinned children.

The five key skin cancer prevention messages are:-

Stay in the shade 11-3

Make sure you never burn

Always cover up – wear suitable clothing, hat and sunglasses

Remember children burn more easily

Then use sunscreen minimum factor 15+

In order to address the above we recommend that all schools / establishments develop sun protection guidance. The guidance should include: -

Education

Teaching employees and pupils about sun safety

Both by incorporating sun protection advice into the school curriculum for all ages.

Tool box talks and leaflets for employees

Actively promoting sun protection

Advising employees and students of the risks associated with the sun.

Development of Shady Areas

Review the layout of outdoor areas to provide shade during break times. In the medium to long-term, schools/establishments may wish to consider ways of providing more shade in the playground either by planting trees , assembling canopies or providing shelters.

Operatives working outside need to have an area were they can shelter themselves from sun during designated break periods.

Timetabling at schools

Giving consideration to the timing of outdoor activities and events e.g. sports days.

Can they be planned prior to 11am or after 3pm to avoid the high-risk periods. In the summer term consider extending the morning break and shortening the lunch break to avoid the midday sun. Arranging for Managers, mid-day assistants and teaching staff to encourage children to remain in shaded areas during breaks (particularly the lunch break).

Timetabling external workers

During extreme hot weather consideration needs to be made for employees undertaking manual works – it may be that they start earlier, this would be dependent on the actual activity and at the discretion of the manager.

Take more frequent short breaks during the hotter parts of the day.

Ensure that they are wearing suitable clothing.

Ensure that they have access to drinking water.

Suggest that they wear a suitable sunscreen.

Promote self awareness.

Clothing

Providing timely reminders to parents that pupils/children should be dressed suitably in order to avoid unnecessary exposure of the skin to the UV Rays (e.g. Long trousers to cover the tops of legs, long sleeves of light weight material, sun hats preferably with a peak and additional neck protection*). Schools' clothing policies may need amending where necessary to allow this.

Risk Assessment

A risk assessment for outdoor activities must be completed especially when prolonged periods of exposure to the sun is expected.

Use of Sunscreens

Schools should encourage parents to apply all day sunscreen (minimum 15+ preferably higher) before the start of the day. Asking parents to provide their children with sunscreen and teaching them how to apply it. **Sunscreen is the last line of defence and as such should not replace any of the above control measures.** It is a useful addition for covering exposed areas of skin when shade and protective clothing are not practical e.g. school excursions.



Oldham
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The sun protection guidance should promote the self-administration of sunscreen by pupils/children. Most children, apart from the very youngest and those with special needs, will be able to do so under supervision. Sunscreen should never be 'shared' between pupils / children as care must be taken to ensure those pupils / children with allergies are protected and supplied with an appropriate sunscreen.

The guidance would need to recognise that staff cannot be required to apply sunscreen. If schools / establishments decide to allow staff to apply sunscreen to pupils / children, parental consent should be obtained in addition. Staff who agree to do so should only apply the sunscreen whilst another adult is present and to the face, neck and arms of pupils.

Protecting Staff Too

The purpose of this advice is to ensure that children are protected from sunburn. Staff should not, however, neglect to protect their own skin from the effects of the sun especially if their duties are mostly external. PE teachers and those supervising outdoor excursions should take particular care.

Our recommendations are taken from the Sun Smart schools initiative campaign (further advice can be found on www.sunsmart.org.uk and/or the DofE website).

Record of document review and amendments

Sun safety guidance			
Version	Date	Amended By	Comments
1	June 2010	-	Created
2	Sept 2013	RB	No changes
3			
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