

SUN SAFE NURSERIES SUN SAFETY FACT SHEET



SOLAR UV RADIATION THE FACTS

WARNING
UV RADIATION FROM THE SUN CAN ALSO CAUSE DAMAGE TO EYES & SUPPRESS THE IMMUNE SYSTEM

SOLAR ULTRAVIOLET RADIATION (UVR) IS A KNOWN CARCINOGEN, IT CANNOT BE SEEN OR FELT AND IS NOT RELATED TO TEMPERATURE. IT CAN PASS THROUGH CLOUD, BOUNCE OFF REFLECTIVE SURFACES & CAUSE SKIN CANCER.

But surely it won't happen to me?

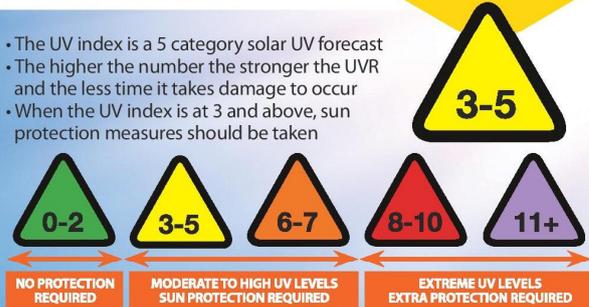
Wrong. It doesn't matter whether you're young, middle-aged or old, skin cancer doesn't discriminate where age is concerned. The simple fact is that if you fail to protect your skin from UV radiation you're putting yourself at risk. If you allow your skin to become red and burn, this risk can dramatically increase. There's also no avoiding the fact that skin cancer is on the increase and it's a killer. So, before you strip off and feel the warmth of the sun on your skin this summer, whether you're on an idyllic beach abroad or you're enjoying something as simple as a picnic or a bike ride in this country, ask yourself one question: Am I being sun safe or am I dying to get a tan?



THE SOLAR UV INDEX

WARNING
WHEN UV LEVELS REACH 3 OR ABOVE THEY CAN DAMAGE THE SKIN AND LEAD TO SKIN CANCER

- The UV index is a 5 category solar UV forecast
- The higher the number the stronger the UVR and the less time it takes damage to occur
- When the UV index is at 3 and above, sun protection measures should be taken



To check the UV forecast any time for any location visit www.skcin.org

UV AND VITAMIN D - THE FACTS

"Despite the serious health risks, UV radiation, in small amounts is the most efficient way to boost our Vitamin D supply. However, just 15 to 20 minutes of unprotected sun exposure, without skin reddening or burning, per day is sufficient for most people to produce the required Vitamin D levels. Where appropriate levels can be increased by supplements or a diet containing vitamin D rich foods, e.g. fish, milk and egg yolks". Professor Andrew Wright, Consultant Dermatologist, Bradford Teaching Hospitals NHS Foundation Trust

FIVE S's OF SUN SAFETY

WARNING
ALL SKIN TYPES CAN BE DAMAGED BY UV BUT THOSE WITH FAIRER SKIN NEED TO TAKE EXTRA CARE

SKCIN RECOMMEND FIVE SIMPLE STEPS TO SUN SAFETY:-
SLIP, SLOP, SLAP, SLIDE, SHADE

Remember it's not just sunbathing that puts you at risk, but being in the sun without adequate protection. If you regularly take part in outdoor hobbies or sports, or work outdoors you could be at greater risk. Make sure you use all of the 5 S's of sun safety and NEVER BURN!

1. SLIP on sun t-shirt
2. SLOP on SPF 30+ broad spectrum UVA sunscreen
3. SLAP on a broad brimmed hat
4. SLIDE on quality sunglasses
5. SHADE from the sun whenever possible

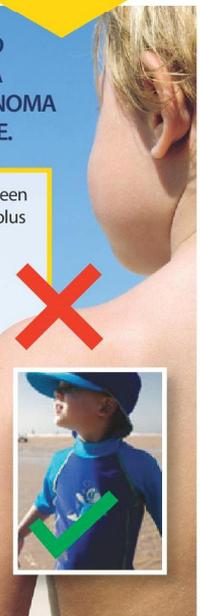


CHILDREN & BABIES

WARNING
CHILDREN CAN STILL BURN ON OVERCAST DAYS! NO CHILD SHOULD GET SUNBURNED - EVER!

ONE BLISTERING SUNBURN IN CHILDHOOD OR ADOLESCENCE MORE THAN DOUBLES A PERSON'S CHANCE OF DEVELOPING MELANOMA IN LATER LIFE. THE DAMAGE IS IRREPARABLE.

- Use a minimum SPF of 30+ (preferably SPF 50) sunscreen
- Ensure it is broad spectrum, ideally UVA rating 4 star plus
- Apply liberally, ensuring good coverage
- Don't forget shoulders, ears, nose, cheeks & feet
- Apply 20 minutes before children go outdoors
- Reapply at least every 2 hours
- Use a water resistant sunscreen on children over 3
- Reapply immediately after swimming / towelling
- Water resistant sunscreens should not be used on children under 3 years as they can overheat
- Keep toddlers and babies in the shade as much as possible, particularly when abroad
- Always keep shoulders covered!
- Use UV protective sun suits & broad-brimmed or legionnaire hats for added protection
- Don't forget school - lunch breaks are taken when UV penetration is strongest



Wind in the Willows Sun Safety Information

Here at Wind in the Willows, we have a Sun Protection Policy which is in place to ensure that children and staff remain safe in the sun at all times.

Below are The Skin Cancer Foundation's recommendations for keeping babies and children safe in the sun:

Infants 0-6 months

Infants under 6 months of age should be kept out of the sun. Their skin is too sensitive for sunscreen. An infant's skin possesses little melanin, the pigment that gives colour to skin, hair and eyes and provides some sun protection. Therefore, babies are especially susceptible to the sun's damaging effects.

- Take walks early in the morning before 10 AM or after 4 PM and use a stroller with a sun-protective cover.
- Dress baby in lightweight clothing that covers the arms and legs.
- Choose a wide-brimmed hat or bonnet that protects the baby's face, neck, and ears. A baby who wears a hat during the first few months will get used to having it on.

Babies

6-12 months: It's now safe to use sunscreen on babies.

- Apply broad-spectrum, at least SPF 30+ sunscreen to areas left uncovered such as baby's hands. Many companies have tear-free formulas that won't sting baby's eyes.
- If you are using a spray sunscreen, it should not be applied directly to the face; sprays should be misted into the hands, and then spread on the face.
- Most importantly, sunscreen must be applied 30 minutes before going outside and reapplied every two hours or after swimming or excessive sweating.

Toddlers/Pre-School Age

Protecting toddlers from the sun requires a little more thought and effort. It is important to educate your child and caregivers.

- Look for broad-spectrum sunscreens with an SPF 30 or higher. Water-resistant, spray-on sunscreens are a good choice for toddlers who won't sit still. Spray sunscreens should not be applied directly to the face; sprays should be misted into the hands, then spread on the face.
- Make sure your child seeks the shade between 10 AM and 4 PM. Check the outdoor area where your child plays to make sure there is adequate shade.
- Make sure toddlers are covered. Clothing which covers shoulders (no strappy/vest tops). Long-sleeved, unbleached cotton clothing is cool and comfortable, while also highly protective. Clothing with an Ultraviolet Protection Factor (UPF) listing on the label offers extra security. The Skin Cancer Foundation recommends clothing with a UPF of 30 or higher.
- Don't forget hats and UV protective sunglasses. Choose a wide-brimmed hat that protects face, neck, and ears.

Wind in the Willows Sun Safety Information

Choosing a Sunscreen

A sunscreen with an SPF of 30 and a UVA rating of 4 or 5 stars is generally considered as a good standard of sun protection in addition to shade and clothing.

Sunscreen should be applied adequately and regularly between 11am and 3pm on exposed areas of skin.

- This means two teaspoonfuls for head arms and neck or tablespoonfuls if in a swimming costume.
- Sunscreen should be reapplied approximately every 2 hours or after swimming or sweating

Why is sun protection important for children and young people?

Skin cancer is one of the most common cancers in the UK and the number of cases is rising at an alarming rate. The good news is that the majority of these cases could be prevented. Most skin cancers are caused by ultraviolet (UV) radiation from the sun. If we protect ourselves from the sun then we can reduce our risk. This is particularly important for children and young people whose skin is more delicate and easily damaged. There are simple steps you can take to enjoy the sun safely – cover up with clothing and a hat, spend time in the shade and apply at least SPF 15 sunscreen generously and regularly.

What about vitamin D?

We all need some sun to make enough vitamin D. Enjoying the sun safely, while taking care not to burn, should help most people get a good balance without raising the risk of skin cancer. For more information on vitamin D, visit the SunSmart website: www.sunsmart.org.uk

Why have a sun protection policy?

Schools have a responsibility to ensure that pupils are protected from overexposure to UV rays from the sun, and the National Institute for Clinical Excellence (NICE) guidelines for skin cancer prevention (2011) recommend that schools “develop, implement and monitor a specially tailored policy to ensure people are protected as much as possible”. This is particularly important when engaging in school based activities such as sports days, outdoor PE lessons, outdoor excursions and water sports, where the potential for sunburn is higher. Although fair-skinned people have a higher risk of sun damage, sun protection is relevant to everyone. Developing a sun protection policy is an important step towards encouraging good health now and in the future.

Wind in the Willows Sun Safety Information

Sun Protection Policy

Statement of intent

Here at Wind in the Willows we acknowledge the importance of sun protection and want staff and children to enjoy the sun safely.

Children and staff are at risk of sunburn within 10-15 minutes of being exposed to strong sunlight. We have a responsibility to ensure that children in our care are protected from overexposure to UV rays from the sun.

Nurseries can play a significant role in changing behaviours through role modelling and education from an early age. Skin cancer is largely preventable through behaviour modification and sun protection during early years.

We will achieve this through:

Education: learning about sun safety to increase knowledge and influence behaviour.

Protection: providing an environment that enables children and staff to stay safe in the sun.

Partnership: working with parents/guardians, nursery staff and the wider community to reinforce awareness about sun safety and promote a healthy nursery.

Education

It is important to raise awareness of why we need sun protection to encourage children to adopt Sun Smart behaviour.

These measures are in place from now on:

- We will teach the children about staying safe in the sun by incorporating stories, songs and activities which promote sun safety
- We have provided staff with information on how to keep children safe in the sun and all are aware of the importance of sun protection
- Parents and guardians will be sent a letter explaining what we are doing about sun protection and how they can help at the beginning of the summer term and during summer holidays
- Parents are informed of the importance of sun protection through information sent home, information displayed in the setting and information provided on our website and social media pages

Protection

Sun protection will be considered when planning all outdoor activities from April to September (the sun is strongest during these months).

This is an ongoing process.

Wind in the Willows Sun Safety Information

Shade

- When the sun is strong we will encourage children to sit/play in the shade where it is available
- We will make use of our [be purchasing a] gazebo to provide additional shade in our garden
- Organised activities will make use of the shade available
- If it is identified that additional shade is required we will look into fundraising activities to provide this

Timetabling

- Children will spend more time playing outside before 11am and after 3pm and less time outside over lunch
- Where children are outside between 11am and 3pm we will ensure that hats, clothing and sunscreen are worn to minimise sunburn

Clothing

- Children are required to wear hats that cover ears, face and neck (wide-brimmed or legionnaire style) when outside between 11am and 3pm
- Children are encouraged to wear tops that cover their shoulders (vests and strappy tops are discouraged)
- Children may wear UV protective sunglasses
- Staff, students and volunteers are asked to also wear suitable hats and clothing when outside to reinforce role modelling and set a good example

Sunscreen

- Upon enrolment we ask parents/carers for permission for sunscreen to be applied while a child is within our care – we request this once a year during our “Annual Update to Information”
- We ask that all children bring in their own clearly labelled bottle of sunscreen, at least factor SPF 15+ (SPF 50+ is recommended)
- We cannot currently supply sunscreen to all children on a daily basis because of cost – we will review this annually
- Sunscreen is applied adequately and regularly between 11am and 3pm
- Children who are old enough to do so may apply their own sunscreen in the mirror with staff supervision to ensure that the application is adequate
- Children are encouraged to increase their water intake in hot weather and are encouraged to drink water during outdoor play times.

Partnership

Wind in the Willows Sun Safety Information

It is important to have support from parents and carers so that they can continue to promote the sun safety message at home and demonstrate the importance of it during outdoor family activities and on holidays.

We will enforce this policy by working with parents, carers, nursery staff and the wider community to reinforce awareness about sun safety.

Review

This policy will be reviewed and updated every year. We will also evaluate our progress to ensure that we are a Sun Safe setting. We will monitor how effective our sun protection policy has been and identify areas for improvement.

This policy was developed with the help of staff and using information from SunSmart (Cancer Research UK) and Sun Safe Nurseries (Skcin).

www.sunsmart.org.uk

www.sunsafenurseries.co.uk

Revised May
2016

To Review
May 2017

Signed Karen Potter
(Owner/Director)

Signed Karen Cooper
(Owner/Director)

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