SUN SAFE NURSERIES SUN SAFETY FACT SHEET



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

ALL SKIN TYPES CAN

BE DAMAGED BY UV

BUT THOSE WITH

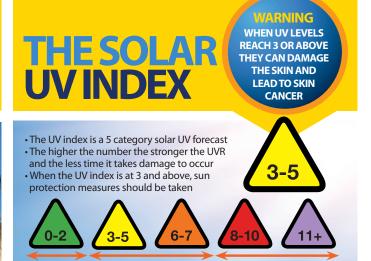
FAIRER SKIN NEED

TO TAKE EXTRA

CARE

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?



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

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 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

