

# Five Tips For Sun Safety



## 1) Clothing

Clothing can be one of the most effective barriers between our skin and the sun and should be considered the first line of defence. Check that your school's uniform policy includes clothing that covers shoulders, but ideally as much skin as possible.

**Tip! A closer weave fabric will provide better protection. A high UPF rated fabric provides best protection.**



## 2) Suncream

Ensure that students have access to a sunscreen with Sun Protection Factor of (SPF) 30 or above. Make sure it's broad-spectrum and carries a UVA symbol (ideally labelled minimum 4 star).

Apply a generous amount to clean, dry, exposed skin 20 minutes before going outdoors. Regardless of the instructions all sunscreens should be re-applied at least every 2 hours. An SPF 30+ lip balm will also protect lips while outside.

**Tip! Many schools have installed sunscreen dispensers!**



## 3) Sun Hat

Sun hats with a wide brim shades the face, neck, ears and cheeks. A close weave or UPF rated fabric will provide better protection.

**Tip! Include a hat in your official school uniform.**



## 4) Sunglasses

Solar UV radiation can be damaging to the eyes, so encourage pupils to wear quality sunglasses. Look for the European CE mark, which indicates a safe level of protection.

**Tip! Some schools have created a borrow and return scheme for sunglasses.**



## 5) Shade

Shade can provide a great barrier between our skin and the sun. Pupils and teachers should be encouraged to spend time in the shade during breaks, lunches and while playing sport, particularly during peak UV hours 11am-3pm. Keep toddlers and babies in the shade at all times.

**Tip! Consider installing UV blocking canopies on playgrounds, multi-use games areas and over external dining areas to create external sun safe spaces.**

