

POLICY: 4.7 SUN PROTECTION

Procedure: 4.18 Sun Safe Practices

Australia has the highest incidence of skin cancer in the world. Research has indicated that young children and babies have sensitive skin that places them at particular risk of sunburn and skin damage. Exposure during the first 15 years of life can significantly increase the risk of developing skin cancer in later life.

It is important to use a combination of sun protection measures whenever UV Index levels reach 3 and above. In Queensland, this is all year round.

4.18.1 Linking to Policy

This procedural guidance should be read in conjunction with the service **4.6 Administration of First Aid Policy** and will assist the Approved Provider, Management, Staff (Nominated Supervisors, Coordinators, and Administrative Staff members) Educators, Educator Assistants and parents/guardians to implement the policy. The procedure covers:

[4.18.2 Managing the Physical Environment](#)

[4.18.3 Protective Practice](#)

4.18.2 Managing the Physical Environment

The Service will ensure when assessing the Educator's residence that there is adequate shade for children to experience outdoor play without being exposed to direct sunlight for long periods.

Educators, Educator Assistants, staff members, students, and volunteers must comply with these below safe sun practices and role model appropriate practices when children are being provided with education and care.

Refer to the Cancer Council website for the Factsheet on Be Sun Smart at http://www.cancer.org.au/Healthprofessionals/patientfactsheets/Lifestyle/Be_sunsmart.htm and Cancer Council Queensland: Sun Protection: <https://cancerqld.org.au/cancer-prevention/understanding-risk/sun-protection/>

Educators will

1. Consider the availability of shade and time of day when planning and implementing outdoor activities and considering excursions
2. Note the risk management of sun exposure to children as part of the risk assessment
3. Ensure infants less than 12 months of age remain in dense shade and are not exposed to direct sunlight.

4. Outdoor play is encouraged, provided appropriate sun protection measures are in place by all staff, educators, and children while outdoors (see protective practice below for guidance).
5. Appropriate sun protection measures are defined as:
 - a. A broad-rimmed, bucket style or legionnaire's hat
 - b. Clothing that covers as much skin as possible
 - c. SPF 30+ sunscreen
 - d. Maximum use of available shade and sunglasses where these are practical
 - e. Ensuring water is freely available to children while outdoors
6. If the UV Index is 8 (very high) or above, ensure outdoor play will cease. The UV Index is available from the Bureau of Meteorology website at www.bom.gov.au/weather/UV

4.18.3 Protective Practice

1. If hats have cords, remove if possible or ensure they are not a choking hazard.
2. Educators will model safe sun practices – apply sunscreen at least 20 minutes before going outdoors and reapply as prescribed by the product information. Wear a broad rim hat, dark-coloured sleeved shirt with collar or high necks and long pants and sunglasses is considered best practice.
3. Be aware that consideration for sun safety needs to be taken all year, regardless of whether the day is hot, cold or cloudy, and in particular consider the ultraviolet radiation which can be reflected from buildings, water, concrete and sand onto children.
4. Educators will request permission from the parents/family to apply sunscreen – noting the type of sunscreen used.
5. When purchasing Sunscreen educators will buy SPF 30+ broad-spectrum and water-resistant
6. Educators will assist children in applying sunscreen at least 20 minutes (or as per the manufacturer's instructions) before commencing outdoor play.
7. It is best practice that all children should have access to and wear a broad rim hat, and children will have a light coloured sleeved shirt, high neck or collars or sun shirt supplied to put over clothes.
8. Reapply sunscreen every 2 hours (or as per manufacturer's instructions).
9. Where children are using water, educators will take care to reapply sunscreen more frequently.
10. If a child presents with an allergic reaction to the sunscreen, the educator will stop applying the sunscreen, notify the parents/family and request that the family supplies a hypoallergenic sunscreen for the child to use. They will ensure the child only plays in undercover spaces until sunscreen is provided.

11. Children will have outdoor shaded areas, and educators will limit their exposure to UV on hot days between 10am and 3pm.
12. Safe drinking water will be accessible to children throughout the day in both indoor and outdoor settings.
13. Educators will have spare, clean hats available for children who do not have a hat.
14. Educators will ensure that spare hats are laundered after each use to minimize cross-infection (eg head lice).

Communication with families

1. Sun protection practices will be shared with families.
2. Educators will actively promote safe-sun practices through discussion of activities undertaken with children.
3. Families will be encouraged to implement the educator's sun protection practices when participating in any excursions or experiences delivered by the educator.
4. Encourage parents to provide a well-fitting hat for use in all outdoor activities. Educators are encouraged to offer backup hats for children. The Cancer Council Queensland recommends the following hats: 7.5cm broad brim hat or legionnaire style. Ensure children not wearing hats play in shaded areas.

Review

	Date	Details
Revision 00	07/2015	Original Policy Issued
Revision 01	12/2016	Reviewed
Revision 02	08/2017	Reviewed
Revision 03	10/2020	Reviewed and separated from Policy

Related Documents

Policies

4.7 Sun Protection Policy

Reference

Refer to 4.7 Sun Protection Policy

Refer to the Cancer Council website for the Factsheet on Be Sun Smart at

http://www.cancer.org.au/Healthprofessionals/patientfactsheets/Lifestyle/Be_sunsmart.htm and Cancer Council Queensland: Sun Protection: <https://cancerqld.org.au/cancer-prevention/understanding-risk/sun-protection/>