

# Sun Safety Prevention



Stowe Valley  
MULTI ACADEMY TRUST



WELLBEING  
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**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.**

## THE FIVE S'S OF SUN SAFETY:

1. **SLIP** on a 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

### 1. SLIP ON A T-SHIRT

- UV protective clothing gives the best protection against the sun's UV. Clothing can be one of the most effective barriers between our skin and the sun
- Clothing should cover as much skin as possible
- Always keep shoulders covered that can easily burn
- There are high UPF rated fabrics which can give protection

### 2. SLOP ON SPF 30+ SUNSCREEN

- No sunscreen provides complete protection
- Recommended to use a sunscreen with a Sun Protection Factor (SPF) 30 or above, preferably water resistant

- Make sure it's broad spectrum and carries a UVA symbol (if it has a star rating, use a minimum 4 star, but ideally 5)
- Store in an accessible, cool place and remember to check the expiry date
- Apply a generous amount to clean, dry, exposed skin
- Apply 20 minutes before going outdoors and preferably once again when outdoors
- Regardless of the instructions all sunscreens should be reapplied at least every 2 hours and more if perspiring or straight after swimming
- Protect your lips with an SPF 30+ lip balm

### 3. SLAP ON A BROAD BRIMMED HAT

- Wear a hat with a wide brim that shades the face, neck and ears
- Legionnaire (with a flap that covers the neck and joins the front peak) or bucket style hats (with minimum 7.5cm brim) are the most effective
- A close weave or UPF rated fabric will provide better protection
- While any hat is good- Baseball caps do not shade the ears and neck which can easily burn

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## 4. SLIDE ON QUALITY SUNGLASSES

- Solar UV radiation can be damaging to the eyes so it is important to wear quality sunglasses
- Overall protection depends on the quality of the lens and the overall design
- Look for the European CE mark which indicates a safe level of protection
- Those labelled with a high EPF (which ranges from 1-10) will provide best protection
- Those that are close fitting and wrap around stop solar UVR entering the sides and top
- Remember price and darkness of the lens have no reflection on the quality of protection

## 5. SHADE FROM THE SUN WHEN POSSIBLE

- Shade can provide a good barrier between our skin and the sun
- shade whenever possible, particularly at the hottest times of the day between 11am and 3pm
- Don't rely on shade alone, always combine with personal protection measures

## SUNSCREEN - THE FACTS

A British Skin survey has revealed that over a third of British men and women are unsure of what an SPF is. People are also confused about the difference between UVA and UVB rays, with three-quarters of those questioned attributing UVA rays to burning and 77% UVB rays to ageing.

Sunburn does not just happen on holiday. You can burn in the UK, even when it's cloudy. A tan does not protect your skin from the sun's harmful effects. Aim to strike a balance between protecting yourself from the sun and getting enough vitamin D from sunlight.

The active ingredients in sunscreens (called UV filters) are classified as either organic or inorganic. Organic chemicals work by absorbing UV radiation, whereas inorganic chemicals both absorb and scatter the incident UV radiation. Many modern sunscreens contain a mixture of both organic and inorganic UV filters to provide broad spectrum protection against both UVA and UVB radiation.

The Sun Protection Factor (SPF) is a system used globally to determine how much protection a sunscreen gives when applied to the skin at a thickness of 2mg/cm<sup>2</sup>.

Sunscreens, in order to be protective, have to be applied liberally to be effective. This includes using it to all exposed areas and regularly reapplying

sunscreen every 2 hours and immediately after swimming/towelling.

## TOP TIPS FOR BUYING AND APPLYING SUNSCREEN FOR THE BEST PROTECTION

- Firstly be aware that no sunscreen provides complete protection, so never rely on sunscreen alone to protect your skin - for best protection you should practice all Five S's of Sun Safety.
- Choose a sunscreen with a recommended Sun Protection Factor (SPF) 30 or above, preferably water resistant.
- Make sure it's broad spectrum and carries a UVA symbol (if it has a star rating, use a minimum 4 star).
- Be aware that the price of sunscreen does not always match the quality.
- Store in an accessible, cool place and remember to check the expiry date!
- Try a toddler sunscreen if you have sensitive skin.
- Apply sunscreen 20 minutes before you go outside and preferably once again when outdoors.
- Apply a generous amount of sunscreen. Ideally, the average-sized adult should apply at least a teaspoon of sunscreen to each arm, leg, front of body and back of body and at least ½ a tea spoon to the face (including the ears and neck). That is, 35 ml of sunscreen for one full body application. Many people find this quantity just too much, so one trick is to reapply once you are in the sun. Think of applying sunscreen like painting a wall with a textured surface, when two coats is almost always required for satisfactory coverage. In the same way two "coats of sunscreen" may be required for adequate protection.
- No matter what the sunscreen instructions say, you should reapply sunscreen every two hours when you are outdoors. Sunscreen can be easily wiped or perspired off and you need to keep putting sunscreen on to get the best protection.
- Always reapply sunscreen immediately after swimming / towelling.



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