

QA2 - SUN SAFETY AND HEAT PROCEDURE

INFORMATION

The Sun Safety Procedure has been developed to ensure that all children, Educators and visitors attending the Centre are protected from skin and eye damage caused by the harmful ultraviolet radiation (UVR) from the sun.

TOO MUCH OF THE SUN'S UV RADIATION CAN CAUSE SUNBURN, SKIN AND EYE DAMAGE AND SKIN CANCER. INFANTS AND TODDLERS UP TO FOUR YEARS OF AGE ARE PARTICULARLY VULNERABLE TO UV DAMAGE DUE TO LOWER LEVELS OF MELANIN AND A THINNER STRATUM CORNEUM (THE OUTERMOST LAYER OF SKIN). UV DAMAGE ACCUMULATED DURING CHILDHOOD AND ADOLESCENCE IS ASSOCIATED WITH AN INCREASED RISK OF SKIN CANCER LATER IN LIFE.

Our Centre has been designed with outdoor shaded areas to protect children from the ultraviolet radiation from the sun.

By working together with families, we will create an environment where children and families can learn about the importance of sun protection.

RESPONSIBILITIES

All team members, visitors, students and volunteers must comply with this procedure.

OUTDOOR ACTIVITIES

- When engaging in outdoor activities adequate shaded areas must be available to protect children from overexposure to ultraviolet radiation from the sun (Education and Care Services National Regulation 114).
- Management makes sure there is a sufficient number of shelters and trees providing shade in the outdoor area particularly in high-use areas. The availability of shade is considered when planning all outdoor activities.
- Children are encouraged to choose and use available areas of shade when outside.
- Children who do not have appropriate hats or outdoor clothing are asked to choose a shady play space or a suitable area protected from the sun.

SUN PROTECTION

- Children must wear sun protective clothing when exposed to the sun. Families should provide sun safe clothing for the child/ren's use. Clothing made from cool, densely woven fabric is recommended. Families are asked to choose t-shirts / tops with higher necklines (or collars) and knee-length or longer style shorts and skirts for their child.

- If a child is wearing a singlet top or shoestring dress, they will be encouraged to play in an area protected from the sun. They will also be offered the option of wearing sun safe clothing.
- Hats must protect the face, neck and ears (legionnaire, broad-brimmed or bucket style) - baseball caps and visors are not acceptable.

SUNSCREEN APPLICATION

- Suitable sunscreen is broad spectrum, SPF 30 (or higher) and water resistant. Sunscreen should be applied at least 20 minutes before spending time in the sun, and continually every 2 hours when outdoors. Refer to the Cancer Council guidelines, for timing of sunscreen application. If a child has an allergic reaction to sunscreen, families must provide a suitable sunscreen for them to use.
- To help develop independent skills ready for school, children from two years of age are given opportunities to apply their own sunscreen under supervision of staff and are encouraged to do so.
- Sunscreen is stored in a cool place, out of the sun and the expiry date is monitored.

Learning and skills

- Sun protection is incorporated into the learning and development program.
- The Sun Safe procedure is reinforced by Educators and through children's activities and displays.
- Educators, staff and families are provided with information about sun protection through family newsletters, service handbook, noticeboards and/or the service's website.
- When enrolling their child, families are:
 - informed of the service's Sun safe procedure;
 - asked to provide suitable sun protective covering clothing and sunscreen for their child if they require a specific brand;
 - required to give permission for Educators to apply sunscreen to their child; and
 - encouraged to use SunSmart measures themselves when at the service.

ILLNESS FROM HEAT STRESS

The following steps should be taken to prevent heat stress and heat-related illness:

- Ensure there is cool drinking water accessible at all times.
- Drink water at frequent intervals to reduce fluid loss and maintain hydration.
- Ensure all team members and children are wearing suitable sun safe clothing.
- Have rest breaks in a cool place, shaded from direct sun.

If someone in the Centre appears to be suffering from a heat illness, keep them in a shaded location and encourage them to drink cool but not cold fluids. Seek immediate first aid from the first aid officer and follow appropriate first aid steps.

Refer to the 'Extreme Weather Event & Prevention of Heat Stress' procedure for information on extreme heat weather events.

REFERENCES

Bureau of Meteorology. 2018. Ultraviolet (UV) index forecast. Available at:

<http://www.bom.gov.au/uv/index.shtml>

Cancer Council Australia. 2018. Sun protection. Available at: <https://www.cancer.org.au/preventing-cancer/sun-protection/preventing-skin-cancer/>

Cancer Council Queensland. 2015. Early childhood settings: Sun smart policy guidelines. Available at: <http://www.cancer.org.au/preventing-cancer/sunprotection/sunsmart-schools/>

ARPANSA Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation (2006)

Safe Work Australia: Guidance Note – Sun protection for outdoor workers (2016)

Australian Government Therapeutics Goods Administration (TGA) – Australian regulatory guidelines for sunscreens: 4. Labelling and advertising – directions for use of the product

AS/NZS 4685.0:2017, Playground equipment and surfacing - Development, installation, inspection, maintenance and operation. *6.2.1 General considerations, 6.3.9 Shade and sun protection, Appendix A Shade and sun protection*

DOCUMENT CONTROL

Date Reviewed	Modifications
June 2019	Created new policy document and format.
February 2020	Clarified some points after staff review
15 February 2022	No changes