

Sun Safety at HEYSA



In HEYSA schools we follow the guidance from the government on heat and sun warnings

We ask you to send your child to school dressed appropriately and with a sun hat

We ask all families to send in sun cream and we follow the NHS advice.

Children will not be able to play outside unless they have appropriate clothing and sun cream had been applied.

The NHS advice can be accessed below

<https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>

Sunscreen and sun safety (link above)

Advice for adults and children on sunscreen and sun safety in the UK and abroad.

Sunburn increases your risk of skin cancer. Sunburn does not just happen on holiday. You can burn in the UK, even when it's cloudy.

There's no safe or healthy way to get a tan. 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.

Sun safety tips

Spend time in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to October.

You can also check the UV index on a weather app or website. If it's 3 or higher, consider protecting your skin.

Make sure you:

- spend time in the shade between 11am and 3pm
- never burn
- cover up with suitable clothing and sunglasses
- take extra care with children
- keep babies under 6 months out of direct sunlight
- use at least factor 30 sunscreen – make sure to use enough and re-apply frequently

What factor sunscreen (SPF) should I use?

Do not rely on sunscreen alone to protect yourself from the sun. Wear suitable clothing and spend time in the shade when the sun's at its hottest.

When buying sunscreen, the label should have:

- a sun protection factor (SPF) of at least 30 to protect against UVB
- at least 4-star UVA protection

UVA protection can also be indicated by the letters "UVA" in a circle, which indicates that it meets the EU standard.

Make sure the sunscreen is not past its expiry date. This is marked by a symbol of an open jar, an M and a number, which shows how many months the sunscreen will last once it's been opened.

Do not spend any longer in the sun than you would without sunscreen.

What are the SPF and star rating?

The sun protection factor, or SPF, is a measure of the amount of ultraviolet B radiation (UVB) protection.

SPFs are rated on a scale of 2 to 50+ based on the level of protection they offer, with 50+ offering the strongest form of UVB protection.

The star rating measures the amount of ultraviolet A radiation (UVA) protection. You should see a star rating of up to 5 stars on UK sunscreens. The higher the star rating, the better.

Sunscreens that offer both UVA and UVB protection are sometimes called broad spectrum.

How to apply sunscreen

Most people do not apply enough sunscreen.

As a guide, adults should aim to apply around 6 to 8 teaspoons of sunscreen if you're covering your entire body.

If sunscreen is applied too thinly, the amount of protection it gives is reduced.

If you plan to be out in the sun long enough to risk burning, sunscreen needs to be applied twice:

- 30 minutes before going out
- just before going out

Sunscreen should be applied to all exposed skin, including the face, neck and ears, and head if you have thinning or no hair, but a wide-brimmed hat is better.

Sunscreen needs to be reapplied liberally and frequently, and according to the manufacturer's instructions.

This includes applying it straight after you have been in water, even if it's "water resistant", and after towel drying, sweating or when it may have rubbed off.

It's also recommended to reapply sunscreen every 2 hours, as the sun can dry it off your skin.

Children and sun protection

Take extra care to protect babies and children. Their skin is much more sensitive than adult skin, and damage caused by repeated exposure to sunlight could lead to skin cancer developing in later life.

Children aged under 6 months should be kept out of direct strong sunlight. Find out more about [keeping your baby safe in the sun](#).

From March to October in the UK, children should:

- cover up with suitable clothing
- spend time in the shade, particularly from 11am to 3pm
- wear at least SPF30 sunscreen

Apply sunscreen to areas not protected by clothing, such as the face, ears, feet and backs of hands.

To ensure they get enough vitamin D, all [children under 5 are advised to take vitamin D supplements](#).

Protect your eyes in the sun

A day at the beach without proper eye protection can cause a temporary but painful burn to the surface of the eye, similar to sunburn.

Reflected sunlight from snow, sand, concrete and water, and artificial light from sunbeds, is particularly dangerous.

Avoid looking directly at the sun, as this can cause permanent eye damage.

Clothing and sunglasses

Wear clothes and sunglasses that provide sun protection, such as:

- a wide-brimmed hat that shades the face, neck and ears
- a long-sleeved top
- trousers or long skirts in close-weave fabrics that do not allow sunlight through
- sunglasses with wraparound lenses or wide arms with the CE Mark and British Standard Mark 12312-1:2013 E

How to deal with sunburn

Sponge sore skin with cool water or have a cool bath or shower, then apply soothing aftersun cream or spray, like aloe vera.

Painkillers, such as paracetamol or ibuprofen, will ease the pain by helping to reduce inflammation caused by sunburn.

Stay out of the sun until all signs of redness have gone.

[Find out more about treating sunburn](#)

Seek medical help if you feel unwell or the skin swells badly or blisters. Stay out of the sun until all signs of redness have gone.

[Get tips on preventing and treating heat exhaustion in hot weather](#)

Who should take extra care in the