

## Sun Awareness

### Category: Early Years

Risk Management and Legal Implications

Failure to manage risk may impact on the delivery of Service objectives and the outcomes achieved by Service users. Education and Children’s Services aim to mitigate the implications by ongoing management and review of risk in all elements of work activity.

The production of this document is one way in which we aim to reduce our exposure to risk. By providing staff with information on good practice, making reference to other guidance that is available across the Council and providing clarity on how we should do things, we can ensure that the management of risk is intrinsic to what we do.

**Version Control:**

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## Sun Awareness

### Introduction

Young children need special care when they are in the sun. They love playing outdoors, but they are not aware of how the sun can damage their skin. So, as adults, it is important that we take precautions for them.

Getting sunburnt as a child leads to a greater risk of skin cancer in later life but the good news is that sun damage can be avoided. Experts believe that four out of every five cases of skin cancer are preventable.

It is important that children, especially young children, are given the protection they deserve.

(Health Education Authority)

Our setting fully endorses the above statement and includes Sun Awareness Education in our Health & Wellbeing Programmes.

### Aims

- To protect children while they are in our care at nursery.
- To help work in partnership with parents to protect children at other times.
- To help children understand the importance of keeping themselves safe in the sun.
- To encourage lifelong learning in respect of personal health and the sun.

### How aims are to be achieved in Nursery

- Staff to educate themselves about the risks of sunburn.
- Staff to provide protective care over the summer months between April and September.
- Staff to take particular care when children are outside during the hottest part of the day between 11.00 am and 3.00 pm. During this period children should:
  - Wear hats (legionnaire style if possible)
  - Wear clothing covering the shoulders and arms
  - Only be outside for limited periods, when it is sunny (15-20 minutes in the sun before refreshing in cool shade)
  - Wear/apply appropriate sunscreen
  - Provide shady areas in our play areas
  - Make use of the shade of any trees in the play areas

### Parents will be informed about the guidance and be encouraged to keep their children safe in the sun through:

- Inclusion of information at nursery inductions and in the nursery handbook
- Regular newsletters throughout the year but especially late Spring/Summer terms, and at Induction Meetings when consent forms can be discussed and issued
- Informal information from staff
- Application and appropriate use of sunscreen
- Appropriate eye protection with a brimmed hat and ideally sunglasses with UV filters



- Parents will be made aware that they should apply sun cream to their child prior to coming to nursery. The nursery will inform parents that we have sun cream in nursery but that we would only apply it if parents have forgotten, or the cream is washed off after getting wet for example. Parents will be informed of the sun cream being used. Staff will give the parent or child the sun cream to be applied. Staff will encourage children to apply sun cream to themselves.
- If staff need to apply sunscreen to children, they should wash their hands before and after application.
- At the end of spring term/beginning of the summer term staff will explain to children about the need to keep safe in the sun and how to do this
- A short information leaflet will again be given to parents at this time.

### **Resources**

Books, posters, stories, displays  
Health promotion department  
Health visitors  
Resource packs

### **Evaluation**

- Regular review with consultation of all relevant parties.