



NQS2 Children's Health and Safety Procedure

Sun Safety

Introduction

Effective sun protection is designed to prevent sunburn, skin cancer, eye damage, dehydration, and heat illness without risking vitamin D deficiency. Given Queensland's consistently high UV levels- UV3+, the following 5 Cancer Council 'Be SunSmart' strategies are followed year-round.

Slip on covering clothing

Choose clothing that covers as much skin as possible i.e. shirts that cover neck and shoulders, and long style shorts or skirts.

Teachers and educators will: • Model 'Be SunSmart' behaviour by wearing clothing that covers as much skin as possible. • Help children choose SunSmart clothing and offer alternatives if needed. • Keep spare SunSmart clothing available for children. • Encourage parents/guardians to dress children in SunSmart clothing. • Provide parents/guardians with SunSmart clothing information upon and throughout enrolment.

Parents/Guardians will: • Dress their child in SunSmart clothing suitable for the weather. • Provide a spare set of clearly labelled SunSmart clothing daily.

Slop on sunscreen

Apply a generous amount of SPF50+ (4 hr), broad-spectrum, water-resistant sunscreen to clean, dry skin at least 20mins before sun exposure. Reapply every 4hrs.

Centre Director or Responsible Person in Charge (RPIC) will: • Ensure there is an adequate supply of SPF50+ (4 hr) sunscreen for communal use. • Maintain a sunscreen register for each room/group. • Keep Safety Data Sheets for sunscreen in the Chemical Register folder. • Document (via Extreme Heat and Sun Exposure Risk Assessment) and implement the 4 remaining 'Be Sun Smart' strategies when sunscreen consent is not provided by a parent/guardian.

Teachers and educators will: • Model 'Be SunSmart' behaviour by applying sunscreen 20mins before sun exposure and reapplying every 4hrs. • When developmentally appropriate, support children from three years to apply their own sunscreen. • Set up a sunscreen station daily with a mirror, tissues and pictorial prompts. direct children to play in the shade if needed. • Reapply sunscreen every 4hrs and when sunscreen has been washed off. • Record applications on the Sunscreen Register. • For children with skin conditions or illness, apply sunscreen last with gloves and wash hands before and after. • When provided by parents/guardians, apply sunscreen supplied for their child, and inform families when supplies are low. • When not in use, store sunscreen in a cool, child-inaccessible location. • Discard expired products.

Parents/Guardians will: • Apply 4 hourly sunscreen at home before leaving. • Record application on Sunscreen Register. • When preferred, provide your own sunscreen, ensuring the product is clearly labelled with your child's name, meets Australian guidelines, and is SPF50+, broad-spectrum and water-resistant. Maintain an adequate supply and replace promptly when requested. Record request via a Sunscreen, Insect Repellent, Cream and Ointment Authorisation Record.

Slap on a hat

Choose a broad-brimmed, legionnaire or bucket hat that shades the face, nose, neck and ears.

Centre Director or RPIC will: • Provide SunSmart hats for each enrolled child at the beginning of the kindergarten year (these will remain at kindy). Maintain an adequate supply of spare SunSmart hats for communal use.

Teachers and educators will: • Model 'Be SunSmart' behaviour by wearing a SunSmart hat in the sun. • Store children's hats where they can quickly and easily find them. • Ensure children wear hats in the sun; provide spare hats if needed. • Encourage children without hats to stay on the covered verandah or indoors. • Tuck cords/toggles under hats or seek parental consent to remove them, if children are using hats from home.

Parents/Guardians will: • Encourage their child to put on their SunSmart hat in the morning if they are heading outside. • Leave the children's kindy hats at kindy each afternoon.

Seek shade

Seek natural, built and portable shade when outdoors.

Centre Director or RPIC will: • Factor in available shade when planning outdoor events and excursions. • Conduct periodic shade audits to assess current and future needs.

Teachers and educators will: • Model 'Be SunSmart' behaviour by using shade in the sun. • Consider shade when setting up outdoor equipment, and when possible, place and re-position moveable equipment in the shade. • Encourage children to seek shade while outside.

Slide on sunglasses

Wearing sunglasses and a broad-brimmed hat can reduce UV radiation exposure to the eyes by up to 98%. Sunglasses should be worn outside during daylight hours. Choose close-fitting wraparound sunglasses that meet Australian Standard AS/NSZ 1067. Sunglasses are encouraged but optional for children, teachers, educators and visitors.

Managing the risks of the sun

Centre Director or RPIC will: • Lead the implementation and annual review of the Extreme Heat and Sun Exposure Risk Assessment. • Check outdoor surface temperatures before children play.

Teachers and educators will: • Teach children about sun dangers, including hot playground equipment. • Use the SunSmart Widget or App to guide outdoor activities. • Monitor extreme heat or high UV Index warnings and adjust outdoor activity as appropriate. • Recognise hot playground surfaces can result in serious burns. Regularly check the temperature of equipment, safety mats and surfacing. When needed, reposition, remove/pack-away or restrict access to equipment during periods of hot temperatures. • Ensure children have easy access to clean drinking water and encourage regular hydration. • Recognise signs of heat-related illness e.g. swelling, prickly heat, cramps, exhaustion, heatstroke. • When possible, reduce reflective surfaces in the outdoor environment. • Assist with the annual review of the Extreme Heat and Sun Exposure Risk Assessment.

Heatwaves

Heatwaves involve excessively high temperatures and humidity sustained over several days, posing risks to young children and older adults.

Centre Director or RPIC will: • Monitor weather forecasts. • Communicate extreme weather predictions with families and team. • Ensure air conditioners are maintained and functional; submit maintenance requests when needed.

Teachers and educators will: • Cool cement paths with water and instruct children to wear shoes as needed. • Limit outdoor physical activity. • Keep indoor areas cool by closing windows and doors, using air

conditioners and drawing blinds. Set air conditioners to “recirculate.” • Recognise signs of heat-related illness e.g. swelling, prickly heat, cramps, exhaustion, heatstroke. Closely monitor children with health conditions. • Provide accessible drinking water; • Monitor urine colour for signs of dehydration. • Remind colleagues to hydrate and avoid caffeinated and sugary drinks. • Encourage children to stay in the shade and wear ‘Be Sun Smart’ loose clothing. • Adapt activities based on weather conditions. • Offer water play opportunities • Use cool washers or sponges to help with heat relief. • Ensure centre pets/animals have shade, water and ventilation.

Acknowledgements

- Cancer Council Australia: Sun protection
- Cancer Council Australia: Position Statement - Sun Protection and Infants
- Cancer Council Queensland: Early Childhood Settings: Sun Smart Policy Guidelines
- Queensland Health: Early Childhood Sun Safety
- SunSmart: Sunscreen Tips for Early Childhood

