

SUN SAFETY FACT SHEET



PREVENT SKIN CANCER AND PROTECT YOUR SKIN

Skin cancer is the most common and fastest rising cancer in the UK. 80% of all skin cancers are caused by over exposure to the sun and/or sunbeds making it a largely preventable disease. It's not just sunbathing that puts you at risk, just being outdoors without adequate protection can put you at a much greater risk of developing the disease. To enjoy the sun safely and make sure you NEVER BURN you should adhere to the following guidelines:

THE FIVE S'S OF SUN SAFETY

1) SLIP

Slip on a T-shirt to ensure that shoulders are covered as they can easily burn.

2) SLOP

Slop on SPF 30+ broad spectrum 4 star + rated, waterproof sunscreen every two hours.

3) SLAP

Slap on a broad-brimmed hat that shades your face, neck and ears which can easily burn.

4) SUNGLASSES

Shoulders are easily burned, try to keep them covered with protective clothing.

5) SHADE

Seek shade - particularly between 11am & 3pm, when UV penetration is at its strongest.



PROTECTING YOUNG CHILDREN

Studies have shown that sunburn in childhood can double the risk of developing melanoma (the deadliest form of skin cancer) in later life. Young skin is very delicate and easily damaged by the sun, therefore it is essential that all children are adequately protected. We experience over half our lifetime exposure to the sun before we reach 18 and burning during this time can cause irreversible damage.

Use a minimum SPF of 30+ sunscreen with a 4-5 star UVA rating.

Ensure good coverage, don't forget their shoulders, ears, nose, cheeks and tops of feet.

Apply 20 minutes before children go outdoors and reapply at least every 2 hours.

Use a waterproof sunscreen on children over 3 years when swimming and reapply immediately after towelling. (waterproof sunscreens should not be used on children under 3 years as they can easily overheat).

Keep toddlers and babies in the shade as much as possible, particularly when abroad.

UV protective sun suits are excellent for young children, but don't forget to apply sun screen on exposed areas.

Don't forget school times - lunch breaks are taken at the time of day when UV penetration is strongest.

Remember children can still burn on overcast days! No fair skinned baby, toddler or child should have a suntan or be sunburned!



To ensure that your sunscreen of choice is going to protect you adequately, you have to consider 2 things:

Firstly, will it help prevent me from going red?

Choose a high Sun Protection Factor (SPF); this is the number on the front of the pack and most white skinned people in the UK will need SPF 30 or higher to stop them from burning in the summertime.

Secondly, will it stop me from getting sun damaged skin, from looking old before my time and help protect from the sun's harmful rays?

UVA Radiation causes long term damage like wrinkles, blotchiness, sagging. It also contributes to skin cancer. To protect your skin from this damage choose a product with a superior UVA 4-5 star rated protection symbol on the back of the pack.

CHOOSING THE RIGHT SUNSCREEN

AND UNDERSTANDING UVA PROTECTION



Sunscreen absorbs this percentage of UVA rays compared with UVB

APPLYING SUNSCREEN

Apply your Sun Protection Factor (SPF) 30+ sunscreen 20 minutes before going outside and always reapply at least every 2 hours. It is important to use a generous amount - the average sized adult should apply at least a teaspoon of sunscreen to each arm, leg, front and back of body and at least half a teaspoon to the face (not forgetting the ears and neck). If you apply the sunscreen too thinly it will reduce the SPF factor!

WHO IS MOST AT RISK OF SKIN CANCER?

As a predominantly fair skinned population, no matter how dark our skin is, or how easily we tan, the fact is **WE ARE ALL AT RISK OF SKIN CANCER!** However, some people are at greater risk due to their skin type and typically tend to have one or more of the following:

- FAIR SKIN THAT BURNS EASILY
- RED OR FAIR HAIR
- LOTS OF MOLES AND/OR FRECKLES
- A FAMILY HISTORY OF SKIN CANCER
- A HISTORY OF SUNBURN

VITAMIN D

Just 15 to 20 minutes of unprotected sun exposure, outside the dangerous 11am to 3pm time, per day is sufficient to produce the required vitamin D levels.

FOR FURTHER INFORMATION ABOUT SKIN CANCER VISIT: www.skcin.org