



## **Sun Safety and Heat**

Omiros College are committed to ensuring all learning professionals and children maintain a healthy ultra-violet exposure balance and are suitably protected when exposed to the sun. Omiros College learning staff model and promote sun protection measures, and children learn about sun safety and are encouraged to wear hats and suitable clothing in outdoor environments. We ensure the sun protection measures in all Australian states are applied in accordance with individual state and Cancer Council recommendations.

It's important to use all five SunSmart steps whenever UV levels reach 3 or higher.

1. Slip on covering clothing that covers as much skin as possible.
2. Slop on SPF30 (or higher) broad, spectrum, water-resistant sunscreen to any parts of skin not covered by clothing. Apply sunscreen 20 minutes before going outside and reapply every two hours. The widespread use of sunscreens on babies under 6 months is not recommended. Visit the SunSmart website for more information.
3. Slap on a broad-brimmed hat that shades the face, neck and ears. Caps do not provide enough protection and are not recommended.
4. Seek shade. Remember some UV rays can still reach you in the shade, so continue to use all forms of sun protection.
5. Slide on wrap-around sunglasses. Make sure they are labelled AS1067 so you know they have very good UV protection. Toy sunglasses do not protect the eyes and are not recommended.