

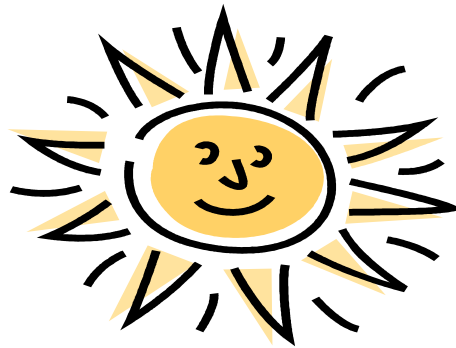


Sun Safety

In the child care setting...

Overview

- Skin cancer facts
- Skin cancer risk factors
- Reducing the risk
- Sun Safety in the child care setting



Expected Incidence Rates...Canada 2014

Melanoma	Non- Melanoma
6,500	76,100

Skin cancer is the most commonly occurring cancer in Canada, it accounts for nearly 1/3 of newly diagnosed cancers...

The Effects of Over Exposure to the Sun...

→ Skin Cancer

→ Premature aging of the skin

→ Damage to the eyes

→ Weakening of the immune system



Ultraviolet Radiation (UV Rays)

- Two types of ultraviolet radiation
 - UVA
 - UVB
- UV rays are strongest
 - between April - September
 - between 11a.m. and 4p.m.



Personal Risk Factors

- Light coloured skin/eyes/hair
- Work/play/exercise frequently in the sun
- Have had blistering or frequent sunburns as a child
- Have a family history of skin cancer



Children in the Sun

- 56% of Atlantic Canadian children spend 2 hours in the sun.
- 35% of these children are between the ages of 1-5.
- 35% of children aged 1-5 and 34% children aged of 6-12 always or often seek shade.



What the evidence shows...

- Adequate sun protection can reduce our risks.....PREVENTABLE
- Exposure in childhood- key determinant.
- 80% of lifetime exposure happens before 18.

“Six Sun Safety Steps” For Everyone...

- Limit time in the midday sun
- Seek shade
- Wear protective clothing
- Apply sunscreen
- Put on a hat
- Wear sunglasses

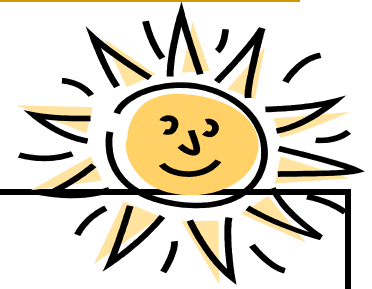


For Childcare Staff...

- Practice sun safe behaviours
- Encourage sun safety behaviours
- Educate others about sun safety
- Incorporate sun safety into daily procedures/routines



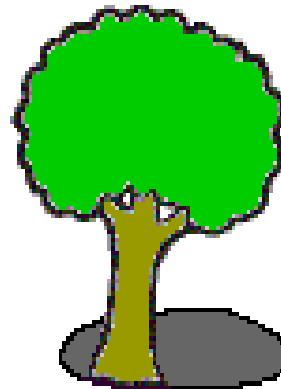
UV Index



UV INDEX	Category	Sun Protection Actions
0-2	Low	Minimal protection
3-5	Moderate	Cover up.
6-7	High	Protection required. Reduce time in sun.
8-10	Very high	Take full precautions. Avoid sun between 11-4
11+	Extreme	Take full precautions. Avoid sun between 11-4.

Shade

- An element of a comprehensive approach.
- Seek shade between 11AM and 4PM
- Sources of shade
- Creating shade



Sunscreen



- Protects against UVA/UVB- Broad Spectrum Approach
- SPF 30
- Waterproof
- Non irritating/ hypoallergenic
- Use before 'best before' date
- Includes zinc oxide or titanium dioxide
- Canadian Dermatology Assoc.

Sunscreen Q & A

- Under 12 months of age?
- Over 12 months of age?
- What SPF should children use?
- “Child friendly” sunscreen?
- Vitamin D concerns?



Protective Clothing



- All clothing acts as a physical barrier
- Design/fabrics/colour make a difference
- Tight weaves and darker colours.
- Specially treated clothing-UPF

Hats

- Wide brimmed hats
- Bucket hats
- Legionnaire style hats



Sun Safety and the Child Care Setting.

- Incorporating standards of sun safety practice into your child care centre is important.
 - ❑ Educate staff and parents
 - ❑ Educate children
 - ❑ Incorporate into routines
 - ❑ Role model sun safety



More Information

Canadian Cancer Society

www.cancer.ca

Canadian Dermatology Association

www.dermatology.ca

Health Canada

www.hc-sc.gc.ca



Thank You

www.cancercare.ns.ca/childcare

