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

<table>
<thead>
<tr>
<th>Melanoma</th>
<th>Non-Melanoma</th>
</tr>
</thead>
<tbody>
<tr>
<td>6,500</td>
<td>76,100</td>
</tr>
</tbody>
</table>

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