

Sun Safety

With many of us eager to get out and enjoy the sunshine this summer after a very long winter cooped up indoors due to COVID-19 restrictions, it is important that we stay safe and protect ourselves in the sun.

Sun safety is important for everyone; we must all practice this to avoid damage to our eyes and skin. Sun damage to our skin can cause skin cancer so it is vitally important to know how to protect yourself.

The risks of sun damage

It can be very tempting and easy to get excited when we start getting sunshine to just head out and soak up as much sun as possible, but doing so in an unsafe way can cause eye damage and skin damage which can also lead to skin cancer in people as early as their twenties. Skin cancer is the most common of all cancers.

Over years of exposure and potential damage to your skin from sun exposure your skin may also age by gaining more wrinkles, become dryer and you will eventually start bruising easier.

Practice the 5 S's for personal sun safety

An easy way to remember ways to protect yourself is by practicing the 5 S's:

1. Slip on a t-shirt/top to cover your skin
2. Slop on SPF 30+ sunscreen to protect your exposed skin
3. Slap on a hat to protect your head and face
4. Slide on some quality sunglasses to protect your eyes
5. Shade from the sun when you can to give yourself breaks

Things to consider:

- The sun is strongest in the UK from March until October between the times of 11:00 and 15:00 each day
- Make sure any children you're responsible for are also well protected and hydrated
- Make sure the sunscreen has not passed its expiry date
- If you're going out, take sunscreen with you but also apply twice. 30 minutes before you go out and again just before you leave
- Apply sunscreen again straight after you've been in water even if it is "water resistant" as after sweating or drying with a towel may have rubbed it off

If you burn

You should be protecting your skin from burning at all times when exposed to the sun but if you do you should:

- Treat the burnt areas with cool water and then apply after sun cream
- If sore take painkillers such as ibuprofen or paracetamol to help ease the pain and discomfort
- Stay out of the sun until all signs of redness are gone

Other useful links

If you would like to access further information about sun safety in more detail please follow the links listed here:

- [NHS Website for Sun Safety](#)
- [Dangers of Prolonged Sun Exposure](#)
- [UV Radiation and Your Skin](#)
- [10 Tips for Protecting Your Skin from the Sun](#)

More information

If you feel you may need some support, you can contact Care first. Care first is a leading provider of confidential, professional counselling, information and advice services. All employees are eligible to use Care first, our services include; telephone counselling, information services and online support. Call Care first on the Freephone number provided by your organisation and you can speak to a professional in confidence.

If you would like to view the Webinar on **'Sun Safety'** a recording of the session can be accessed using the link below –

<https://youtu.be/A8hICGK9cE>