Sun Protection Policy

Relevant Legislation

<table>
<thead>
<tr>
<th>Work Health and Safety Act 2012</th>
</tr>
</thead>
<tbody>
<tr>
<td>Commencement Date</td>
</tr>
<tr>
<td>Review Date</td>
</tr>
</tbody>
</table>

1. **Purpose**

Australia has the highest rate of skin cancer in the world\(^1\). Despite being an almost entirely preventable disease, at least two in every three Australians will develop skin cancer before they reach the age of 70\(^2\).

Evidence suggests that childhood exposure to UV radiation contributes significantly to the development of skin cancer in later life. Educating school children and reducing their UV exposure is expected to have a major impact on the future incidence of skin cancer in Australia\(^3\).

The Hutchins School Sun Protection Policy is intended to outline ways in which the School community, specifically workers, students, parents/carers can work towards minimising harmful effects from over-exposure to the sun's ultraviolet rays.

2. **Scope**

This policy applies to workers and students at The Hutchins School and aims to promote the sun safety message to parents/carers and the Hutchins community. This policy is written in a manner that supports an age and stage approach in relation to students. Specifically, as students mature they are expected to become more responsible for protecting themselves from exposure to the sun's ultraviolet rays.

3. **Objectives**

- Increase whole school awareness of skin cancer and other damage caused by over exposure to UV radiation.
- Work towards a school environment that provides shade and other sun protective measures for the entire school community.
- Encourage the whole school community to use a combination of sun protection measures especially when the UV index levels reach 3 and above, typically during Term 1 and Term 4.

---


\(^{2}\) Staples, M, Elwood, M, Burton, R. Williams, J, Marks, R & Giles, G. Non-melanoma skin cancer in Australia: the 2002 national survey and trends since 1995. *Medical Journal Australia* 2006; 184 (1) 6-10

4. Definitions

<table>
<thead>
<tr>
<th>UV Index</th>
<th>A unitless number that describes the amount of solar UVR that reaches the earth’s surface. The higher the UV index, the more solar UVR present and the greater the potential for skin and eye damage. The UV Index is rated from 1 – 11+ with 1 being low and 11+ being extreme.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Worker</td>
<td>A person is a <strong>worker</strong> if the person carries out work in any capacity for a person conducting a business or undertaking, including work as: an employee; or a contractor or subcontractor; or an employee of a contractor or subcontractor; or an employee of a labour hire company who has been assigned to work in the person’s business or undertaking; or an outworker; or an apprentice or trainee; or a student gaining work experience; or a volunteer; or a person of a prescribed class.</td>
</tr>
</tbody>
</table>
• All staff and students are required to wear hats that protect their face, neck and ears, whenever they are outside. Where broadband hats are impractical (some sporting activities) caps are worn in conjunction with sunscreen. Where hats are not practical or present other safety risks (typically in a sporting context) sunscreen and other sun protections measures are to be applied.
• Students and staff are encouraged to wear close fitting, wrap-around sun glasses that cover the eyes as much as possible and meet Australian Standard 1067: 2003 (Category 2, 3, or 4).

**Sunscreen**

• SPF 30+ broad spectrum, water resistant sunscreen is available for staff and students’ use and students are encouraged to bring their own sunscreen to school and to outdoor events and activities.
• Staff will encourage the use of sunscreen and time is provided for students to apply sunscreen ideally 20 minutes before going outside and re-applied every two hours if outdoors for long periods.
• The school community is educated about the correct use of sunscreen and the level of protection it provides.

**Scheduling**

• The Hutchins School Sun Protection Policy is considered in the planning of all outdoor events such as sporting activities, camps, and excursions.
• Where possible, outdoor activities will be scheduled earlier in the morning or later in the afternoon. Where possible indoor venues will be considered first.

**Role Modelling**

• Staff are encouraged to act as role models by adhering to this policy and using a combination of sun protection measures when outside.

**Shade**

• The Hutchins School ensures shade is available in the School grounds particularly in areas where students congregate – for example lunch areas, canteen and outdoor lesson areas.
• The Hutchins School ensures shade provision is considered for future buildings and grounds.
• Processes for the planning of all outdoor activities and excursions to include consideration of shade.

5.3 Advice for darker skinned children.

Students with naturally very dark skin (skin types 5 and 6 – see Fitzpatrick Skin Type Chart) may need 4-6 times as much sun for vitamin D production and do not need long-sleeved tops or sunscreen, unless outdoors for extended periods. However, they should still wear hats or sunglasses to protect their eyes when UV is 3 or above.
5.4 Vitamin D
To help maintain adequate vitamin D levels the following guidelines should be followed:

<table>
<thead>
<tr>
<th>In Summer</th>
<th>In Winter</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>For People with fair skin</strong> about 10-15 minutes a day in the sun before 11am or after 3pm</td>
<td><strong>For People with fair skin</strong> at least 30 minutes a day in the sun around midday</td>
</tr>
<tr>
<td><strong>For people with dark skin</strong> about 30-90 minutes a day in the sun before 11am or after 3pm</td>
<td><strong>For people with dark skin</strong> at least 1.5-3 hours a day in the sun around midday</td>
</tr>
</tbody>
</table>

6. Supporting Procedures and/or Guidelines
- The Hutchins School Health and Safety Management System

7. Related External Documents
- Fitzpatrick Skin Type Chart
- Vitamin D in Tasmania – getting the right UV balance (Cancer Council Tasmania) (click on the Vitamin D link)
- Code of Practice Managing the Work Environment and Facilities

8. Record Keeping
We are committed to continuous improvement of our health and safety management systems. This policy will be reviewed every 3 years unless there is a significant legislative or organisational change requiring an earlier review.

To continue our Sun Smart membership, the sun protection policy will be submitted to Cancer Council Tasmania once every three years for review. The next review will be May 2018.

9. Policy Owner
Headmaster

29 July 2015
Date ratified by Board

29 July 2015
Mr Warwick Dean – Headmaster

---