



Sun Protection Policy

Relevant Legislation	<u>Work Health and Safety Act TAS 2012</u>
Commencement Date	25 July 2018
Review Date	May 2021

1. Purpose

Australia has the highest rate of skin cancer in the world¹. Despite being an almost entirely preventable disease, at least two in every three Australians will develop skin cancer before they reach the age of 70².

Evidence suggests that childhood exposure to ultra violet (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 Australia³.

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.

In Tasmania, the UV is 3 and above from September to April. From May to August, generally the UV is safe for exposure and beneficial to the synthesis of Vitamin D. Therefore, schools need to implement sun protection measures from the beginning of the school year until the end of April and again from the beginning of September until the end of the school year.

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.

¹ Ferlay, J, Bray, F, Pisani, P, Parkin D. GLOBOCAN 2002. Cancer Incidence, mortality and prevalence worldwide, IARC Cancer Base No. 5, version 2.0 Lyon IARC Press 2004

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

³ Cancer Council Australia National Sun Smart Schools Program <http://www.cancer.org.au/preventing-cancer/sun-protection/sunsmart-schools/>

- Encourage the whole school community to use a combination of sun protection measures especially when the UV index levels reach 3 and above, typically from September to April.
- Support duty of care and regulatory requirements; and
- Support appropriate WHS strategies to minimise UV risk and associated harms for staff and students.

4. Definitions

UV Index	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.
Worker	A person is a worker 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. ⁴

5. Policy Information

5.1 Education

Curriculum

- Sun protection programs are incorporated into appropriate areas of The Hutchins School Pre-Kinder to Year 12 curriculum.
- Students are encouraged to be involved in sun protection initiatives and model sun protection measures to the whole school community.
- The Hutchins School Sun Protection Policy is promoted through a number of mediums which may include the School's Communiqué, newsletters, Hutchins Central, staff meetings and/or assemblies.
- UV index received from the Bureau of Meteorology will be placed in RORY News each morning.

Staff Training and Professional Development

- New staff will be made aware of the School's Sun Protection Policy during their induction.
- Sun protection awareness and reminders are issued to staff regularly.

Community

- The Hutchins School will promote sun protection to the broader School community by communication of regular sun protection message in mediums such as newsletters, Communiqué or our website
- Families and visitors are encouraged to use a combination of sun protection measures when participating in and attending outdoor school activities.

5.2 Protection

Sun protection measures apply when the UV rating is 3 or above.

⁴ Refer section 7 of the Work Health and Safety Act TAS 2012

Clothing

Sun Protective clothing is included in The Hutchins School uniform and sports uniform in the following ways:

- The sport uniform includes a shirt that covers the shoulders and a collar that sits close to the neck, above the collarbone.
- 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: 2016 (Category 2, 3, or 4).

Sunscreen

- SPF 30+ (or higher) 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 reapplied every two hours if outdoors for long periods (more frequently if swimming or sweating).
- The school community is educated about the correct use of sunscreen and the level of protection it provides.
- Sunscreen should be stored in a cool, dry place and the expiry date monitored. Sunscreen should be used as a last line of defence.

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.
- Students are actively encouraged to use available areas of shade when outdoors.
- The Hutchins School ensures shade provision is considered for future buildings and grounds.

6. Supporting Procedures and/or Guidelines

- The Hutchins School Health and Safety Management System

7. Related External Documents

- <https://www.arpansa.gov.au/sites/g/files/net3086/f/legacy/pubs/RadiationProtection/FitzpatrickSkinType.pdf>
- http://www.dhhs.tas.gov.au/publichealth/healthy_communities/vitamin_d/vitamin_d_advice_for_tasmanians
- <https://www.safeworkaustralia.gov.au/doc/model-code-practice-managing-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 2021.

9. Policy Owner

Headmaster

25 July 2018
Date ratified by
The Hutchins School Board

25 July 2018
Dr Rob McEwan
Headmaster