

# SunSmart

- Deaths from skin cancer in the UK now outnumber Australia!
- There has been a 25% increase in reported cases of skin cancer in the last 5 years.
- 69,000 new cases of skin cancer are found each year in the UK
- 2,000 people die from skin cancer each year in the UK

11am to 3pm are the most dangerous times of the day.

So long sleeved shirts (definitely no bare shoulders), hat, sun glasses & factor 15+ sun lotion are called for.

Apply sun lotion 15-20mins. Before going out in the sun (the lotion does not work immediately), then reapply again when you go outside, + reapply often.

Windy days disguise the heat of the sun, beware.

A tan is a sign of damaged skin.

[www.sunsmart.org.uk](http://www.sunsmart.org.uk)

This is always a problem with children, you can help us by:

- Supplying:
    - **Summer:**
      - § Only long sleeved shirts, definitely no strap tops for girls.
      - § Wide brimmed hat
      - § Sun glasses
      - § Their own sun cream factor 15+
      - § A rash-vest to swim in, we tend to spend a fair amount of time in the pools & sun cream washes off quickly, especially down the slides.  
T-shirts **don't** work, their sun protection is minimal when wet & they are uncomfortable when wet.  
Rash-vests are used by surfers or you can get sun-shirts for swimming for younger children which are the same thing.
    - **Winter**
      - The sun in the mountains is much stronger than at sea level
      - It is far more intense in the winter than in a UK summer heat wave.
      - The sun's rays reflected off the snow, making it much stronger + likely to burn you under your chin, under your eyebrows etc, were in the summer the sun would be unlikely to get you!
      - Use ski designed products, as these are produced for the increased radiations you receive in the mountains.
        - Good quality ski sunglasses
        - Sun block, for highly exposed areas: ears, nose, cheeks etc.
        - High factor sun cream, for arms, neck, whole face etc.
        - Ski Lip salve, has UV protection as well for lips.
- I have seen friends faces come up in a sea of blisters, which you could hear popping because they had not worn sun cream on the ski slope. Be warned!
- Educate your child about the risks associated with the sun.
  - Ensure your child is in the routine of wearing sun-lotion.

For the summer, on the beach or at the swimming pool we strongly urge parents to purchase their child a rash vest.



RNLI Rash Vests are the cheapest we have seen in the shops.

This Lycra vest is ideal for use under any suit or alone as a sun protector. The vest is available in red with raglan sleeves, a high collar and is made from a high stretch Lycra material.

<http://www.rlssdirect.co.uk/catalogue/browse/pid/288/>

**Cost**

Childrens: £10 + postage

