



POLICY FOR SAFETY IN SUN AND WARM WEATHER May 2016

At Pear Tree School we recognise the safety advice regarding protection from sunburn. We want staff and pupils to enjoy the sunshine safely. We will work with staff, pupils and parents to raise their awareness of strategies that can reduce risk of harm from sunburn.

EDUCATION:

- All pupils be taught about sun protection at the start of the Summer months in class;
- We will talk about how to stay safe in the sun in whole school assembly in the Summer term;
- Parents and carers will be reminded to read this policy in our newsletter.

Children are reminded that on going outside, I will:-

1. Wear my **named** hat (and **named** sunglasses) in the sun;
2. Put on sunscreen (at least SPF15) before I come to school in the morning*;
3. Find some shade to play under when my shadow is short.
4. Ensure I have regular drinks throughout the day to keep hydrated.

PROTECTION:

Sunscreen*:

- We ask parents to put sun cream on their child before school and that they check for brands which offer full day protection (P20/once a day sunscreen is noted on the Sunsmart website , stars on the back at least 4 or 5);
- Adults in school do not apply sunscreen for children.

Hydration:

Our children are encouraged to drink water during the school day. Drinking fountains are available to children throughout the day, including lesson time. In the Summer months children may choose to bring in **named** water bottles and drink frequently. Water, not cordial, is allowed in class. Parents must ensure that this bottle is taken home to be sterilised regularly.

Packed Lunches:

The school cannot refrigerate packed lunches and remind parents to include an ice pack within an insulated sandwich box to prevent illness through food poisoning.

Shade:

- There are some trees on the school field;
- There are two willow domes
- Buildings provide shade to the playground in some areas.
- There is often an indoor play option

Timetabling:

Our timetable is flexible for the needs of the children; teachers don't take the children outside for learning activities and sport if the sun is too hot.

The decision is at the discretion of the class teacher, who takes account of the Sun Index. (High Risk-risk of burning within 30-60 minutes and very High Risk- severe burn in 20-30 minutes.)

Clothing:

- school sun hats are available to purchase if you wish, children are encouraged to seek shade if they do not have a hat on at playtimes during sunny days;
- Our school sports uniform is a T-shirt not a vest.
- Parents may send their children in LONG SLEEVED school shirts during the hottest weather to minimise risk of sunburn to arms.
- Open toed sandals – we are asked to remind parents that Health and Safety guidance recommends children's toes are protected by closed toe shoes.

Policy reviewed by MHJ May 2016

Extract from Sun Safety (Cheshire East, 2011 Health and Safety Guidance Note)

'para.7.12, 'Limitations of funds: It is legitimate to consider what personal responsibility is brought to bear. People are expected to present for work or school, suitably attired. Light, loose clothing provides more guaranteed protection than sun blocking creams. A brimmed hat will give protection for the face and neck. The provision of sun creams by the employer is not obligatory.

7.13 Limitations of time: Teaching staff would not have the time to apply sun protection lotions. They may however supervise children as they apply them. **Alternatively, the school might suggest that the parents apply them before the child attends school.**

7.14 Conflict with other policies: It is possible that other issues and policies might conflict e.g. Child Protection of the Use of Medicines. For example, there could be concerns if staff were to apply creams to children of the opposite sex or if a cream induced a medical condition. Application by staff should not be undertaken, unless there is some special medical reason and there has been specific agreement between all parties, parents, head, teacher and medical advisers. Arrangements of this nature might be justified in special or infant units.

Contra- Indications

7.16 Hopefully, the basic precautions discussed above (*see full doc*) will prevent any difficulty. However teachers and parents need to monitor children individually. Signs of burning should be watched for and extra measures taken for children who are particularly susceptible. Keep an eye on new moles. However, new moles will appear normally on young people up to the age of eighteen...

CC/KH 0414

Document No:	Issue No: Issue 1	Issue Date: January 2010	Responsibility / owner: Corporate Health and Safety
		Review Date	
Title: Health Issues for Pupils- SECTION 7. SUN SAFETY			P12 OF ORIGINAL DOCUMENT.

Introduction

- 1.1 This Section is based on original work produced by Dr L K Nehaul and Mrs R Simmons of the Wirral Health Authority and updated in conjunction with the Health Protection Agency. As a result of co-operation with Health Authorities in the Cheshire area, the guidance may be considered to apply in all areas of the Council.

7. SUN SAFETY

- 7.1 The LA with its schools is obliged to assess the risks arising from significant hazards which could affect staff, pupils or anyone else affected by school based activities. This note explains the issues around sunburn and provides a basic risk assessment that can be tailored by schools to suit their local circumstances.

The Effects of Ultra Violet Radiation

- 7.2 The familiar sign of a suntan is actually evidence of the body's defence mechanism working against exposure to ultra violet radiation from the sun or a sun bed. Ultra violet radiation has a number of adverse effects on the skin. It thickens the outer layer of skin, causing wrinkles and makes it less elastic, causing sagging. Dark patches can also appear due to over production of melanin. These longer-term effects are particularly noticeable in older people.
- 7.3 Of special concern, is the rapid rise in skin cancers. With 40,000 new cases a year, they are now the second most common cancer in the UK. Of these about 10% are malignant melanoma, which accounts for 75% of the 2000 skin cancer deaths each year.

Who is at risk?

- 7.4 Some research suggests that the damage which leads to skin cancer arises before the age of 15 years. It is therefore particularly important to consider the effects on pupils, but staff operating in the open air can also be affected and need to take sensible precautions. The natural tanning of normally pale skinned people provides only a very limited defence in comparison with clothing and even sun tan creams. A sun tan itself has the equivalent protection to a sunscreen with a protection factor of 2 to 3.
- 7.5 The main component of risk is created by length and intensity of exposure to radiation. Genetics also affects the risk factor, as follows:
- People with very pale skins and fair or red hair, who burn rather than tan, are at highest risk
 - Dark haired and eyed people who tan easily are at lesser risk
 - Those of African or Asian origin with heavily pigmented skin will be at least risk
- 7.6 Thus, the risks apply to pupils, especially in the primary phase, but also to staff and voluntary helpers.

Options for Risk Control

- 7.7 Means of controlling risk may be classified under the following categories:

7.8

ENVIRONMENT	Alterations and modifications to play areas to provide additional shade – willow culture
EQUIPMENT AND SUBSTANCES	Use head and neck coverings Cover up the skin as far as practicable Use sun protection creams and repeat as appropriate Drink plenty of fluid
Ways of Working	Establish a procedure for control by staff and write to parents. Keep out of direct sunlight. Avoid exposure when the sun is at its most intense 11am through to 3.00pm
Knowledge and	Integrate into curriculum

Competence	
Supervision and control	Remind parents about dress for special events e.g. sports day or educational visits Use the weather forecast 'sun index' as a guide to risk factors where lengthy periods in the sun might occur.

7.8 These suggestions should be recognised in school so that advantage may be taken of local circumstances or particular problems can be addressed.

The Sun Index

7.9 The weather forecasters have invented a sun index which can be applied anywhere in the world. For the UK, the index ranges from 1 -10 and is shown in weather forecasts. Cloud cover, time of day and year etc affect the figure. The higher the figure, the greater the care required. The index figure then needs to be compared with the table in Appendix Two to establish the risk.

- Low risk means that the sun is not likely to harm anyone.
- Medium risk means that the sun is not dangerous, but avoid being in direct sunlight for more than 1-2 hours
- High risk means that there is a risk of burning within 30 -60 minutes. Try to keep out of direct sunlight: cover up or wear **a sunscreen lotion with a sun protection factor of 15+.**
- Very high risk means that a person could burn severely in 20 to 30 minutes. Stay out of direct sunlight, cover up and use a sunscreen lotion with a sun protection factor of 15+.

What Is Reasonably Practicable?

7.10 The legal obligation is to introduce all precautions that are cheap and easily applied. Those precautions which get progressively more expensive or difficult to implement, need to be considered but may be set aside if costs and effort get out of line with the overall budgetary constraints in which the school operates.

7.11 Building design: Where a change or modification could be achieved to introduce shade at minimum cost it should be considered. Otherwise, this will normally not be reasonably practicable.

7.12 Limitations of funds: It is legitimate to consider what personal responsibility is brought to bear. People are expected to present for work or school, suitably attired. Light, loose clothing provides more guaranteed protection than sun blocking creams. A brimmed hat will give protection for the face and neck. The provision of sun cream by the employer is not obligatory when these options are available.

7.13 Limitations of time available: Teaching staff would not have the time to apply sun protection lotions. They may however, supervise children as they apply them. Alternatively, the school might suggest that the parents apply them before the child attends school.

7.14 Conflict with other policies: It is possible that other issues and policies might conflict e.g. child protection or the use of medicines. For example, there could be concerns if staff were to apply creams to children of the opposite sex or if a cream induced a medical condition. Application by staff should not be undertaken, unless there is some special medical reason and there has been specific agreement between all parties, parents, head, teacher and medical advisers. Arrangements of this nature might be justified in special or infant units.

7.15 In this context, an advisory letter to parents is both feasible and cheap!

Contra Indications

7.16 Hopefully, the basic precautions discussed above will prevent any difficulty. However teachers and parents need to monitor children individually. Signs of burning should be watched for and extra measures taken for children who are particularly susceptible. Keep an eye on new moles. However, new moles will appear normally on young people up to the age of eighteen. Adults in particular need to watch for small scabby spots which don't clear up within a few weeks; any growths around the nose, eyes or backs of hands, or any moles which grow, change in appearance or start to bleed. Should any of these things happen a doctor must be consulted.

7.17 Staff who work in the open air for long periods should alert their doctor when presenting for any medical check-up: 80% of skin cancer cases are preventable by the measures described above and most other cases are treatable. However, the smaller a spot and the sooner it is discovered, the easier it is to treat it.

Useful Publications

Skin cancer prevention - Policy Guidelines for Local Authorities

Health Education Authority (HEA) ISBN 0 7521 1361 5

Sun know how - 1 Sun safety guidelines for schools (HEA) Tel 0171 413 8900

Sun know how - 2 Sun safety guidelines for schools

HSE leaflet: "Keep your top on" HSE Books Tel: 01787 881165

NHS leaflet: 'Heatwave' A Guide to Looking after Yourself and Others during Hot Weather

8. EVALUATION AND REVIEW

This document shall be monitored, and reviewed biennially (or more frequently as necessary) to evaluate its effectiveness. The review will ensure that the documents comply with statutory requirements and corporate policy. After this review, the document's issue and next review dates will be amended.

APPENDIX TWO – SUN INDEX

Sun Index	White skin that burns easily and tends not to tan	White skin that tans easily	Brown Skin	Black Skin
1 AND 2	Low Risk	Low Risk	Low Risk	Low Risk
2 and 4	Medium Risk	Low Risk	Low Risk	Low Risk
5	High Risk	Medium Risk	Low Risk	Low Risk
6	High Risk	Medium Risk	Medium Risk	Low Risk
7	Very High Risk	High Risk	Medium Risk	Medium Risk
8	Very High Risk	High Risk	Medium Risk	Medium Risk
9	Very High Risk	High Risk	Medium Risk	Medium Risk
10	Very High Risk	High Risk	High Risk	Medium Risk

APPENDIX THREE-USEFUL CONTACTS:

HEALTH PROTECTION AGENCY

Cheshire Health Protection Agency (covering the whole of Cheshire)

01244 366766

Primary Care Trusts

Eastern Cheshire 01625 508300

Website: <http://www.hpa.org.uk/>