

Educate and inform
(ensure children know
these facts)

KEY SUN PROTECTION **ADVICE** FOR WORKING OUTDOORS WITH CHILDREN



1

Being outdoors is fun and healthy, but wear sun protection from March onwards.

2

Avoid sunburn; it's painful, damaging and doesn't look great!

3

Sun protection includes; clothing, hats, sunglasses, SPF30+ sunscreen, water and shade.

4

The sun is at its hottest and most damaging between 11am and 3pm.

5

You can still get sunburn on a cloudy day.

6

If you spot sunburn developing on anyone else, let them know.

7

Look after your skin, and it will look after you.

8

Remind adults to sun protect if they forget!

For further information visit
www.melanoma-fund.co.uk

