



Sun protection

The sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. UV damage accumulated during childhood and adolescence is associated with an increased risk of skin cancer later in life. Skin cancer is the most common cancer in Australia. It is also one of the most preventable.

In line with the SunSmart program for schools we can help you to:

- develop the schools policies around shade and sun protection measures
- help you follow Australian Standards for items such as clothing, sunglasses and sunscreen
- share resources from Cancer Council and SunSmart
- develop awareness campaigns around UV and the importance of sun protection
- link you with session conducted by SunSmart.

STAY SUN SMART:

1. SLIP on covering clothing
2. SLOP on SPF30 (or higher) broad-spectrum, water-resistant sunscreenp
3. SLAP on a hat to protect the face, neck & ears
4. SEEK shade
5. SLIDE on wrap-around AS1067 sunglasses.

HOW TO GET INVOLVED:



Email us:
healthpromotion@bchc.org.au



Meet with us to discuss the program & how to get started (call 03 5338 4500 to arrange a time to chat)



www.bchc.org.au



We're creating a healthier school

