

Tips for keeping safe in the sun this summer

With the summer holidays well upon us and talk of another heatwave, Sun safety is at the fore front of people's minds. It is an important routine to establish for everyone because by not protecting yourself can cause life changing and everlasting results.

The risks of sun damage

It can be very tempting and easy to get excited when we start getting sunshine to just head out and soak up as much sun as possible, but doing so in an unsafe way can cause eye damage and skin damage which can also lead to skin cancer in people as early as their twenties. Skin cancer is the most common of all cancers.

Over years of exposure and potential damage to your skin from sun exposure your skin may also age by gaining more wrinkles, become dryer and you will eventually start bruising easier.

Practice the 5 S's for personal sun safety

An easy way to remember ways to protect yourself is by practicing the 5 S's:

1. Slip on a t-shirt/top to cover your skin
2. Slop on SPF 30+ sunscreen to protect your exposed skin
3. Slap on a hat to protect your head and face
4. Slide on some quality sunglasses to protect your eyes
5. Shade from the sun when you can to give yourself breaks

Things to consider:

- The sun is strongest in the UK from March until October between the times of 11:00 and 15:00 each day
- Make sure any children you're responsible for are also well protected and hydrated
- Make sure the sunscreen has not passed its expiry date
- If you're going out, take sunscreen with you but also apply twice. 30 minutes before you go out and again just before you leave
- Apply sunscreen again straight after you've been in water even if it is "water resistant" as after sweating or drying with a towel may have rubbed it off

If you burn

Try to protecting your skin from burning at all times when exposed to the sun but if you do burn you should:

- Treat the burnt areas with cool water and then apply after sun cream
- If sore take painkillers such as ibuprofen or paracetamol to help ease the pain and discomfort
- Stay out of the sun until all signs of redness are gone

Other useful links

If you would like to access further information about sun safety in more detail please follow the links listed here:

- [NHS - Sunscreen and sun safety](#)
- [Sun Safety - Advice for parents](#)
- [The five S's](#)
- [Cancer Research - Sun Safety](#)

More information

If you feel you may need some support, you can contact Care first. Care first is a leading provider of confidential, professional counselling, information and advice services. All employees are eligible to use Care first, our services include; telephone counselling, information services and online support. Call Care first on the Freephone number provided by your organisation and you can speak to a professional in confidence.

If you would like to view the Webinar on **'Sun Safety'** this is being delivered live on **Friday 13th August at 12pm**, please use the following link to register for this session –

<https://attendee.gotowebinar.com/register/822479094678273036>

If you are unable to join the webinar live, a recording of the session can be accessed using the same link above after the webinar has taken place.