

## SUNSMART POLICY STATEMENT

### RATIONALE

Queensland has the highest rate of skin cancer in the world. Two out of every three Queenslanders will develop some sort of skin cancer in their lifetime. Skin damage including skin cancer, is the result of cumulative exposure to the sun. Research shows that severe sunburn contributes to skin cancer and other forms of skin damage such as sunspots, blemishes and premature ageing. Most skin damage and skin cancer is therefore preventable

Ultraviolet radiation (UVR) levels are highest during the hours that the P and C members are participating in volunteer work.

KIEEC P and C Association realises the need to protect our skin and educate our members about SunSmart behaviour, thus reducing the risk of skin damage from exposure to the sun.

### AIMS

The policy aims to:

- Provide ongoing education that promotes personal responsibility for skin cancer prevention.
- Provide environments that support SunSmart practices

### PROCEDURES

KIEEC recognises that winter sun also contributes to skin damage. The implementation of this policy will therefore be conducted throughout the year. The purpose of this SunSmart policy is to ensure that all KIEEC P and C members are protected from the harmful effects of the sun throughout the year.

### OUR COMMITMENT

KIEEC P and C Association will:

- List 30+ broad-spectrum waterproof sunscreen, protective clothing and a wide brimmed hat as necessary items when participating in outdoor events.
- Provide 30+ sunscreen for all volunteers.
- Inform all members of the SunSmart policy at the AGM and include this policy with the membership forms sent out each year.
- Actively support the increase of shade on KIEEC grounds, where possible, by building shelters and planting trees.
- Expect all volunteers to act as positive role models for visiting students in all aspects of SunSmart behaviour

Ensure that all volunteers:

- Wear hats that protect the face, neck and ears
- Wear SPF 30+ sunscreen, when involved in outdoor activities
- Wear sunsafe clothing
- Are encouraged to utilise shady areas during outdoor activities
- Review the SunSmart policy annually
- Are actively encourage to consume the recommended amount of water to 2 litres each day to reduce the harmful effects of the sun and dehydration