

# Sun Protection

HealthnC  
Health through Participation

Australia has one of the highest rates of skin cancer in the world. With so many activities occurring outdoors, exposure to ultra-violet radiation is a particularly relevant health issue for Australians.

## Your organisation should:

- ensure that shade is provided;
- ensure that sunscreen is available; and
- ensure that staff, volunteers and, where possible, participants wear sun-protective clothing, for example:
  - wide-brimmed hats
  - shirts with long sleeves
  - sunglasses.

## Some ideas to help you create a sun-protective environment

- Provide shade structures, for example, umbrellas, marquees and shade cloths, and/or encourage individuals to bring their own shade structures in areas where natural shade does not exist
- Make sunscreen and hats available for sale as part of any merchandising that does exist
- Schedule activities, when possible, so they don't occur between 11am and 3pm. The effects of ultra-violet radiation are at their highest during these times.

