

# SAFEGUARDING



**Did you know? – The 5 S's of Sun Safety** – 1. Sunscreen = children should wear SPF30+ during sunny weather. 2. Sun hat = to protect face/neck/ears. 3. Sunglasses – to shield the eyes. 4. Shoulders = keep covered by wearing a t-shirt. 5. Shade = seek shade especially during hottest part of the day, between 11 am-3 pm.



### Safety in the sun

For the most protection, wear a hat that has a brim all the way around that shades your face, ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays. Avoid straw hats with holes that let sunlight through. A darker hat may offer more UV protection.

### What are 3 dangers of the sun?

Unprotected exposure to the sun's ultraviolet (UV) rays can cause damage to the skin, eyes, and immune system. It can also cause cancer.

