

If you do nothing else

KEY SUN PROTECTION **RULES** FOR WORKING OUTDOORS WITH CHILDREN



1

PREPARE:

Ensure that everyone arrives ready for a day in the sun.

2

PROTECT:

UPV clothing, hats/sunglasses and sunscreen (SPF30+) reapplied at breaks.

3

SHADE:

Avoid direct sunlight during lunch or whilst spectating others.

4

HYDRATE:

Ensure water is always available.

5

LEAD BY EXAMPLE:

Inspire children with your own actions.



For further information visit
www.oksunsafetycode.com