

# RISK ASSESSMENT: Sun Protection

**Service Name:** St Dunstan's Kindergarten

**Date Completed:** January 2026

**Assessment Review Date:** January 2029

**Completed by:** Nikki Samuel – Nominated Supervisor

## 1. Hazard Identification

Overexposure to sunlight (UV rays)

Sunburn

Heat exhaustion / heat stroke

Dehydration

Long-term skin damage

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## 2. Who May Be Harmed

Children aged 3–5 years (particularly those with fair skin)

Staff supervising outdoor activities

Visitors or volunteers outdoors

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## 3. Risks

Children have sensitive skin and may burn quickly

Children may not recognise or communicate discomfort

Prolonged outdoor play during peak UV times

Inadequate shade or protective clothing

Forgetting to reapply sunscreen

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## 4. Control Measures (Preventative Actions)

a) Timing of Outdoor Activities

- Outdoor play scheduled before 11:00am and after 3:00pm where possible
- Reduced outdoor time during peak UV hours (11:00am–3:00pm)
- Increased supervision during hot weather

b) Shade

- Use of natural shade (trees) and artificial shade (canopies, umbrellas)
- Shaded areas clearly identified and regularly used
- Children encouraged to play in shaded areas

#### c) Clothing

- Children encouraged to wear:
  - Wide-brimmed or legionnaire-style hats
  - Lightweight clothing covering shoulders and upper arms
- Spare hats available for children without one
- Parents informed of sun-safe clothing expectations

#### d) Sunscreen

- Broad-spectrum SPF 30+ (or higher) sunscreen used
- Sunscreen applied before outdoor play
- Reapplied every 2 hours or after water play
- Parental permission obtained for sunscreen use
- Staff assist or supervise application following hygiene procedures

#### e) Hydration

- Fresh drinking water available at all times
- Regular water breaks encouraged
- Staff remind children to drink water frequently

#### f) Supervision & Awareness

- Staff trained to recognise signs of:
  - Sunburn
  - Heat exhaustion
  - Dehydration

Children monitored closely for signs of overheating

Immediate action taken if a child shows symptoms (move to shade, cool down, inform lead staff)

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## 5. Additional Considerations

Extra care for children with:

Fair or sensitive skin

Medical conditions affecting heat tolerance

Sun protection policy shared with parents and carers

Weather and UV index checked daily during summer months

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## **6. Risk Level**

Before control measures: Medium–High

After control measures: Low

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## **7. Review**

Risk assessment reviewed:

At the start of warmer weather

Following any incident related to sun exposure