

Which type of hat?

Cancer Council Queensland recommends all students and staff wear hats that provide good shade to the face, back of the neck and ears when outdoors.



Broad brimmed hat



Broad brimmed hats should have a brim of at least 7.5 centimetres wide. A broad brimmed hat that provides good shade can considerably reduce the exposure of UVR to the face. The brim width for children under 10 should be proportional to the size of the child's head, and ensure that their face is well shaded.

Legionnaire hat



Legionnaire style hats should have a flap that covers the neck and meets the sides of the front peak to provide protection to the side of the face. Baseball caps and sun visors are not recommended as they leave the ears and back of the neck exposed.

Bucket hat



Bucket or surfie style hats should have a deep crown and sit low on the head. The angled brim should be at least 6 centimetres and provide the face, neck and ears with plenty of protection from the sun. The brim width on bucket hats for pre-school aged children should be proportional to the size of the child's head, ensuring that their face is sufficiently shaded (minimum of 5 centimetres as a rough guide). Bucket hats may impede youngsters' peripheral vision, therefore safety aspects need to be taken into consideration.



Hat guidelines

For schools and early childhood settings



For information and support call Monday to Friday 8am - 8pm

www.cancerqld.org.au



Queensland has the highest rate of skin cancer in the world.

Skin cancers account for about 80 per cent of all new cancers diagnosed each year¹.

The major cause of skin cancer is over exposure to ultraviolet radiation (UVR) from the sun over many years, particularly during childhood and adolescence². Even if exposure does not cause obvious sunburn, damage still occurs and accumulates over the years.

It is never too late to start protecting your skin.

Queensland experiences high UVR in winter and summer, meaning it is important to be SunSmart all year round.



Factors to consider when choosing a hat for your school or early childhood setting.

We encourage you to consult widely with students, staff and parents before introducing one of the three hat styles recommended by Cancer Council Queensland. Factors to consider include:

- Ⓞ Good sun protection.
- Ⓞ Fashion trends.
- Ⓞ Practicalities (for example, which hat is safe for sport).
- Ⓞ Cost.
- Ⓞ Safety.

Ventilation should also be a consideration if the hat is to be used during physical activity or warmer weather.

Why hats?

Wearing a hat is one strategy recommended by Cancer Council Queensland to protect the face, back of the neck and ears.

Common sites of skin damage and skin cancer are the neck, ears, temples, lips, face and nose. These areas are constantly exposed to the elements and therefore, generally receive more UVR than other parts of the body. Hats should always be used in combination with other forms of sun protection practices such as:



Timetabling outdoor activities outside the times when UVR levels are most intense, where possible. (The peak UV times are between 10am and 3pm).



Seeking shade, where possible, when outdoors.



Wearing protective clothing – lightweight shirts with collars and long sleeves, long pants or skirts.



Wearing sunglasses.



Applying broad spectrum SPF 30+, water-resistant sunscreen and regularly reapplying if required (every two hours).



UVR and temperature

Queensland experiences high UVR all year round.

UVR cannot be seen or felt and the intensity of such radiation is not related to air temperature³.

People often get sunburnt on a cooler day because they tend to stay out in the direct sun for longer, rather than seeking shade or covering up as on a hot day⁴.

All schools and early childhood settings should have an active sun protection policy to minimise the danger of excessive UVR exposure for both staff and students. If you require assistance with developing a comprehensive sun protection policy or you require further information on skin cancer prevention, please call **Cancer Council Helpline on 13 11 20 (toll free) 8am to 8pm, Monday to Friday.**

REFERENCES 1 Australian Institute of Health and Welfare & Australasian Association of Cancer Registries 2000, Cancer in Australia 1998, ACT. 2 R Marks, D Jolley, S Leats, P Foley 1990, 'The role of childhood exposure to sunlight in the development of solar keratoses and non-melanocytic skin cancer', Medical Journal of Australia, vol 152, pp. 62-65. 3 D Hill, JM Elwood and DR English (Eds) 2004, Cancer prevention – cancer causes: Prevention of Skin Cancer, Kluwer Academic Publishers, USA. 4 R Marks and D Hill 1992, Melanoma control: Prevention and early detection, Australian Cancer Society, NSW.