

Prevention of Sun Burns


Factsheet

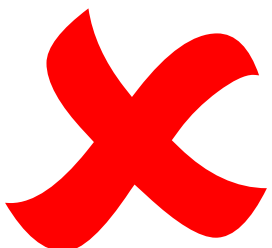
Sunburn is common in Australia, especially over the summer months. Some of these burns are so extreme that they can cause blistering to the affected area requiring dressings and hospitalisation.

Common causes of sun burn are:

- Not applying sunscreen regularly - sunscreen should be applied half an hour before exposure and every 2 hours, or more when swimming.
- When using cosmetics with SPF rating - sunscreen should also be applied.
- Not applying sunscreen on a cloudy day - burns are caused by UV rays that you can't see or feel

Be aware that babies and elderly skin can burn quicker than that of others.

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- ✓ Slip - on a shirt. SPF rated sun shirts are a great idea for providing extra UV protection.
 - ✓ Slop - on some sunscreen. Use SPF30+ or higher broad spectrum, water resistance sunscreen. Apply 30 minutes before going out in sun and re-apply every 2hrs.
 - ✓ Slap - on a hat. Preferably a broad brimmed hat.
 - ✓ Seek - shade. Look for areas that can protect you from direct and indirect UV.
 - ✓ Slide - on some sunglasses. Ensure they have good UV protection. Polarised lenses reduce glare from the sun

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- ✗ Do not go out for long periods of time during peak sun intensity hours- 10am-3pm or 11am-4pm during day light savings
 - ✗ Do not rely on shade alone. UV can reach you in shade by reflecting off surfaces

First Aid for Burns

If you, or someone you know is burnt, take the following actions:

1. Remove clothing and jewellery
2. Apply cool running water to the burn for **20 minutes** (effective up to 3 hours after injury)

Spraying water or alternating wet cloths can help if limited water
If no water available a hydrogel burn first aid dressing can be used until water available.

Caution use on large %TBSA due to hypothermia

Do NOT use ice, butter, creams or alternatives

3. Cover burn with clean cloth and keep the patient warm
4. Seek medical attention for any burn bigger than 3cm; or with blisters; or if any other concerns

