

Hats for Sun Protection

Sun hats should provide shade to the face, back of neck, eyes and ears. Broad brimmed hats, bucket hats and legionnaire hats all provide good protection. Baseball caps and sun-visors leave the neck and ears unprotected. Hats should be used in combination with other sun protection measures.

The single greatest cause of skin cancers is over exposure to ultraviolet (UV) radiation. Exposure can take place over many years or in short intense bursts causing sunburn. Children and the elderly are at increased risk of damage as their skin is less able to protect itself.

Why a hat?

Common sites of skin cancers are neck, temples, face, nose and ears. For most individuals these areas are constantly exposed and generally receive more ultraviolet radiation than other parts of the body.

Wearing a hat is an effective way of protecting ears, neck and face.

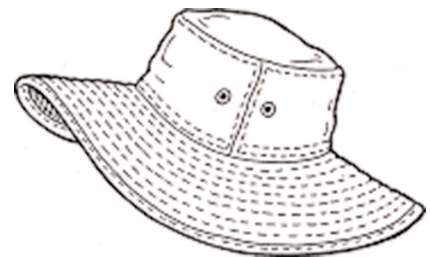
- **Always use in combination with other protective measures:**
- **Avoid peak UV radiation times between 11am and 3pm;**
- **Wear protective clothing light weight, tight weave fabrics;**
- **Apply a broad-spectrum sunscreen with a minimum SPF of 15 and use as per the manufacturers instructions, incorrect application can greatly reduce effectiveness.**

Which hat?

When outdoors, try to stay in the shade. If there is no natural shade, take portable shade such as a sun canopy or an umbrella. Remember, even in the shade, UV radiation can reflect from surfaces such as water, sand and concrete. For best protection, choose shade that has extensive overhead or side cover and is away from highly reflective surfaces.

BROAD-BRIMMED HAT

Brim should be at least 7.5 cms wide. For children under 10 the brim should be proportional to the size of the child's head and ensure that their face is covered.



BUCKET HAT

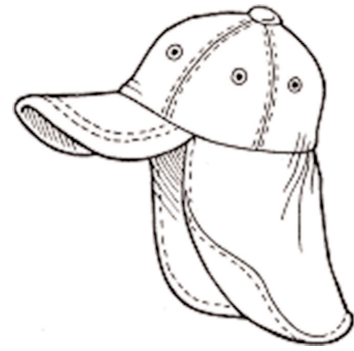
Bucket hats sit low on the head. The angled brim should be at least 6cms and provide adequate shade to neck, face and ears.

Small children should have brim width adjusted to be proportional to the size of the child's head, ensuring sufficient shade for the face.



LEGIONNAIRE HAT

Legionnaire style hats have a flap of material at the back that hangs down to cover the ears and neck while the front peak shades the face and nose.



Before choosing a hat style ensure that the user is consulted. Factors to consider are:

- Good sun protection, fabric and design
- Is the hat practical for the wearer?
- Is the hat to be used for a specific activity or sport?
- Cost
- Safety
- Ventilation