

Susan Collier Ltd

Child's play

Contents

- 1 Child's play
- 2 Dia' warnings
- 3 Exam questions
- 4 Light and shade



At this time of year, people tend to spend a fair amount of time outdoors, enjoying the warmer weather and longer days. However, as the sun becomes a more common sight, it brings some attendant risks, particularly for children who virtually live outside in summer.

The sun emits high levels of ultraviolet light, more commonly referred to as UV. This electromagnetic radiation has some similarities to X-rays, and so comes with risks that can be harmful to the body; such as causing sunburn on the skin. UV is potentially very dangerous to the human eye, and appropriate protection is crucial as children's eyes develop and mature. Too much ultraviolet light over a long period of time can damage key components like corneas and retinas, as well as potentially inciting conditions like cataracts or eyelid cancer in later life.

The most common UV-prevention method involves protective lenses in sunglasses or spectacles, discussed over the page. However, there are other things parents can do to protect their offspring from the risks of ultraviolet light, starting with the provision of brimmed hats or visors - the latter are surprisingly popular with children. Suncream is vital for youngsters spending time outdoors on a hot day, particularly during sporting activities, and it should always be applied to eyelids and eyebrows.

UV levels vary constantly, but when the sun is highest in the sky, there are far more harmful rays. Looking directly towards the sun is dangerous and can result in permanent damage, the sun literally 'burning' the back of the eye. Cloudy days can be misleading as cloud cover does not offer a barrier to UV, the damaging rays still filtering through. Common sense is a parent's best weapon, and it almost goes without saying that children should never be allowed to use sunbeds or facial solariums.

For more information, or to make an appointment, please contact:

Susan Collier Ltd
3 Wycombe Road
PRESTWOOD HP16 0NZ
Tel: 01494 866270
www.susan-collier.co.uk



