The simplest way to protect your face, neck and ears!

Did you know that when it comes to sun protection, not all hats are equal? We all know that hats help protect against skin cancer and eye damage. But did you know that baseball caps do not provide adequate protection? There is now very clear evidence that baseball caps leave the cheeks, ears, chin and back of the neck exposed to ultraviolet radiation, increasing your child’s risk of skin cancer later in life.

**Bucket hat**
Bucket or surfer-style hats should have a deep crown and sit low on the head. The angled brim should be at least 5cm for children (6cm for adults) and shade the face, ears and back of neck.

**Broad brimmed hat**
Brim should be at around 6cm for children (7.5cm for adults). The brim should be proportional to the size of the child’s head and provide shade for the whole face.

**Legionnaire hat**
Legionnaire-style hats should have a flap that covers the neck. The side flap and front peak (brim) should meet to protect the sides of the face.

For more information visit [www.sunsmartnsw.com.au](http://www.sunsmartnsw.com.au)