

# Sun Protection 101

## Design Document

<i>Business Purpose</i>	<p>Skin cancer is one of the most common cancers in the United States. With summer approaching, more people will be spending time outdoors and should be reminded of essential sun protection strategies. Sunlight is essential for life and health however overexposure can cause skin cancer and premature skin aging.</p> <p>The purpose of this training is for learners to identify sun protection strategies to reduce the risk for skin cancer and prevent premature skin aging caused by ultraviolet (UV) rays.</p>
<i>Target Audience</i>	The target audience is people of all ages who spend time in the sun for enjoyment or for part of their workday.
<i>Training Time</i>	30 minutes
<i>Training Recommendation</i>	<ul style="list-style-type: none"> <li>• 1 eLearning course using Articulate Rise 360</li> <li>• Course will include knowledge checks throughout</li> </ul>
<i>Deliverables</i>	<ul style="list-style-type: none"> <li>• 1 eLearning course: developed in Articulate Rise 360</li> <li>• 1 storyboard outlining course design and development</li> <li>• Job aid: infographic on skin damage prevention</li> <li>• Job aid: infographic on 5 principles of sun protection: slip, slop, slap, slide, shade</li> </ul>
<i>Learning Objectives</i>	<p>After this course, learners will be able to:</p> <ul style="list-style-type: none"> <li>• Describe the importance of SPF and broad-spectrum factors when selecting a sunscreen.</li> <li>• Identify the two types of sunscreen and application recommendations for sun protection.</li> <li>• Explain the five principles of sun protection using SLIP, SLOP, SLIP, SLIDE, SHADE and how it could be applied at work and school.</li> </ul>
<i>Training Outline</i>	<p><b>Lesson 1: What is Sunscreen?</b></p> <ul style="list-style-type: none"> <li>• Introduction to the course- what is sunscreen?</li> <li>• Knowledge Check (2 questions) <ul style="list-style-type: none"> <li>○ What is important in sunscreen?</li> <li>○ What is SPF?</li> </ul> </li> <li>• Role of SPF and Broad Spectrum in choosing sunscreen <ul style="list-style-type: none"> <li>○ Define SPF</li> </ul> </li> </ul>

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	<ul style="list-style-type: none"><li>○ Types of SPF</li><li>○ Broad Spectrum: UVA and UVB rays</li><li>• Types of sunscreens<ul style="list-style-type: none"><li>○ Physical vs. Chemical</li></ul></li><li>• Sunscreen application recommendations<ul style="list-style-type: none"><li>○ Areas of body to cover</li><li>○ Amount of sunscreen needed</li><li>○ When to apply</li></ul></li><li>• Knowledge Check (3 questions)<ul style="list-style-type: none"><li>○ Application recommendation</li><li>○ SPF/Broad spectrum role</li></ul></li></ul> <p><b>Lesson 2: Sun Protection Strategies</b></p> <ul style="list-style-type: none"><li>• 5 principles of sun protection 101:<ul style="list-style-type: none"><li>○ SLIP on a t-shirt.</li><li>○ SLOP on SPF 30+ broad spectrum UVA sunscreen.</li><li>○ SLAP on a broad brimmed hat.</li><li>○ SLIDE on quality sunglasses.</li><li>○ SHADE from the sun whenever possible</li></ul></li><li>• Knowledge check (1)<ul style="list-style-type: none"><li>○ Identify each principle of sun protection</li></ul></li></ul> <p><b>Lesson 3: Sun Protection Tips for Work and School</b></p> <ul style="list-style-type: none"><li>• How to protect yourself if you work outside</li><li>• How to protect your kids at school</li><li>• Knowledge check (2 questions)<ul style="list-style-type: none"><li>○ Identify protection tip at school and work</li></ul></li></ul>
<p><i>Evaluation Plan</i></p>	<p>Throughout the course, the learner will be asked knowledge check questions based on information previously presented.</p> <p>If the answer is correct, the correct answer will be reinforced. If incorrect, the learner will be instructed on the correct answer and where to find it within the course.</p>