

Media Release

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Time to get serious about sun safety with summer just around the corner

The Gladstone Region is known for its country and coastal lifestyle, blue skies and sunshine, but being known for skin cancer is something Council wants to avoid.

With summer officially starting tomorrow, Gladstone Region Mayor Matt Burnett is reminding residents to Slip, Slop, Slap, Seek and Slide.

“Queensland has one of the highest rates of skin cancer in the world and we can reduce the risk of skin cancer by following all five sun protective recommendations,” Councillor Burnett said.

“Slip on protective clothing, Slop on sunscreen, Slap on a wide-brimmed hat, Seek shade and Slide on sunnies when out this summer.

“People shouldn’t take this message for granted because having a melanoma cut out of your skin is something I’ve dealt with personally and I can tell you that it’s not a pleasant experience.”

According to Cancer Council Queensland statistics, an average of 21 people died per year due to melanoma between 2013 to 2017 in the Central Queensland region.

Cr Burnett said Gladstone Regional Council is committed to improving the health and safety of our community and advocating for sun safety remains one of those commitments.

“Council provides shade at signature playgrounds by natural shade or shade structures, and parks are provided with plenty of shade from established trees,” Cr Burnett said.

“We want to see a healthy and active community enjoying the great outdoors, but if you’re planning an outing please remember to be sun safe.

“Ultraviolet (UV) radiation isn’t like the sun’s light or heat, which we can see and feel, because even on a cool day UV can damage our skin without us realising.

“Don’t just rely on the temperature to decide whether sun protection is needed before heading out this summer – just Slip, Slop, Slap, Seek and Slide – it’s that simple.”

Cr Burnett is also reminding parents to avoid the hottest part of the day (10am-2pm), while also being aware of surfaces such as road, footpaths and sand which can become hot and may cause burns on unsuspecting feet.

Visit www.gladstone.qov.au/parks for more information and www.cancerqld.org.au for sun safety tips this summer.

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For further information contact Council's Brand and Communications Team on 4970 0700 or media@gladstone.qld.gov.au