

BEING SUN SMART



HAVE FUN BUT BE SUN SMART SAFE!

We're so lucky here in Australia to have such amazing beaches, warm summer days and lots of amazing parks, pools and places that we can visit and enjoy whilst the sun is shining down on us. Have an amazing time these school hols but remember these really important tips and hints to make sure your time outside is a safe one.

GENERAL TIPS WHEN OUTSIDE:

UV radiation isn't like the sun's light or heat, which we can see and feel. Even on a cool day, UV can damage our skin without us realising, which is why it is important not to rely on temperature to decide whether sun protection is needed.

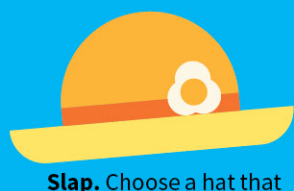
BEING SUNSMART IS EASY IF YOU FOLLOW THE FIVE STEPS AS FOLLOWS:



Slip. Put on clothing that covers as much of your skin as possible. Choose lightweight, loose fitting clothes so that you don't get too hot!



Slop. Use SPF30 or higher broad spectrum, water resistant sunscreen on all parts of your body that are exposed to sunlight. Apply 20 minutes before you go out and reapply every two hours.



Slap. Choose a hat that shades your face and neck. A broad brimmed hat is best. Remember, the top of your head can be easily burnt and it's difficult to apply sun screen through all that hair you may have. That is why a hat is so important!



Seek. Try to use shade as much as possible. On the beach, take an umbrella with you or if you are in a park, find a tree to park yourself under on those warm days.



Slide. Sunglasses are mega important when it comes to protection. Choose wrap around sunglasses and always look for protection ratings to make sure you have maximum protection.

UV RAYS

The sun radiates light to the earth, and part of that light consists of invisible ultraviolet (UV) rays. When these rays reach the skin, they cause tanning, burning, and other skin damage. Sunlight contains three types of ultraviolet rays:

UVA rays cause skin aging and wrinkling and contribute to skin cancer, such as melanoma. Because UVA rays pass effortlessly through the ozone layer, they make up the majority of our sun exposure.

UVB rays are also dangerous, causing sunburns, cataracts (clouding of the eye lens, which results in blindness), and immune system damage. They also contribute to skin cancer. Melanoma, the most dangerous form of skin cancer, is thought to be associated with severe UVB sunburns that occur before the age of 20.

UVC rays are the most dangerous, but fortunately, these rays are blocked by the ozone layer and don't reach the earth.

What's important is to protect your skin from exposure to both UVA and UVB, the rays that cause skin damage.

BEACH SAFETY

It's important that when you are having fun at the beach, you always take note of your surroundings and remember to follow all of the advice given to you by the lifeguards or lifesavers on duty. Remember not every beach in Australia is patrolled by lifeguards. If there are no flags on the beach, this means there are no lifeguards on duty and so swimming should be avoided especially without adult supervision.

HOW TO STAY SAFE:

- Swim at a patrolled beach, and between the red and yellow flags
- Look for and read the safety signs
- Recognise hazards and dangers
- Avoid swimming or recreating alone, as no will be able to assist or call for help in an emergency.
- Never swim at an unpatrolled beaches
- Avoid swimming at night
- Always stay within an arms length of an adult
- Ask the lifeguards/lifesavers for advice about beach conditions

THE FACTS

- Sun exposure is the biggest cause of skin cancer in Australia
- The risk of damage increases with the amount and intensity of sun exposure.
- Unprotected sun exposure is even more dangerous for kids with moles on their skin (or whose parents have a tendency to develop moles), very fair skin and hair and those with a family history of skin cancer, including melanoma.

FOR SUNSCREEN TO DO ITS JOB, IT MUST BE APPLIED CORRECTLY. BE SURE TO...

- Apply sunscreen whenever you will be in the sun.
- Apply sunscreen about 30 minutes before you go outside.
- Don't try to stretch out a bottle of sunscreen; apply it generously.
- Reapply sunscreen often, approximately every 2 to 3 hours and reapply after you have been sweating or swimming.
- Apply a waterproof sunscreen if you will be around water or swimming. Waterproof sunscreens may last up to 80 minutes in the water and some are also sweat and rub-proof. But regardless of the waterproof label, be sure to reapply sunscreen when you come out of the water.



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