

Creating healthy bodies and healthy minds, one step at a time

[www.schoolstriathlonchallenge.com](http://www.schoolstriathlonchallenge.com)

**BE SUN  
SMART!**

## Sunsmart Key Messages

### When UV is 3 and above!

**Slip** clothing that covers as much skin as possible.

**Slop** on minimum SPF30+ broad-spectrum sunscreen.

- Never rely on sunscreen alone as it does not provide 100% protection.
- Use sunscreen in combination with other sun protection measures when UV is 3 and above.
- Choose sunscreen that is broad spectrum and water resistant
- Apply generously to clean, dry skin 20 minutes before going outdoors.
- Reapply every two hours if outdoors for long periods or more often when sweating or swimming.
- Be generous, an average-sized adult should apply more than half a teaspoon (3mL) to each arm and to the face, neck and ears - just over one teaspoon (6mL) to each leg, front of body and back of body. That is 35mL of sunscreen for one full body application.

**Slap** on a hat that shades the face ears and neck.

- A hat should provide good shade to the face, back of the neck and ears when outdoors –
- A broad-brimmed, legionnaire or bucket style is best as it can also reduce the amount of UV radiation reaching your eyes by 50%.
- Baseball caps and sun visors are NOT recommended as they leave the ears and back of the neck exposed.

**Seek** shade whenever possible.

- Staying in the shade is one of the most effective ways to reduce sun exposure.
- Whatever you use for shade - trees, built shade structures or some form of portable shade, make sure it casts a dark shadow.

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**Slide** on sunglasses that meet AS 1067 (category 2, 3 or 4)

- Cancer Council Tasmania recommends protecting your eyes from UV at all times when outdoors during daylight hours as Ultraviolet (UV) radiation can damage your eyes, as well as your skin.
- Wear close-fitting and wrap-around sunglasses. For best protection ensure the tag reads Australian Standard 1067:2003 (category 2, 3 or 4).
- Encourage children old enough to wear sunglasses when outdoors.
- Sunglasses labelled as toys are not covered by the Australian Standard and should not be used to provide sun protection.



**Protect yourself in five ways from skin cancer**

**Free SunSmart UV Alert**

**BE SURE TO CHECK TODAY'S UV ALERT!**

The free SunSmart UV Alert indicates daily weather forecasts including; temperature, UV level and times when sun protection is or isn't needed.



*Information supplied by ...*



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