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



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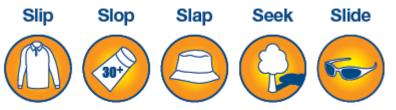
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Slide on sunglasses that meet AS 1067 (category 2, 3 or 4)

- 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.





(Download the free SunSmart app today from the Apple Store)

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