

Sun Safety

Fun in the sun

The Australian summer is synonymous with long, hot and sunny days. This means there is an increased exposure to the heat and potentially-dangerous UV rays. To enjoy the beach it is important that you follow a number of simple steps when it comes to sun safety.

SLIP on protective clothing that:

- Covers as much skin as possible, for example, shirts with long sleeves and high necks/collars
- Is made from close weave materials such as cotton, polyester/cotton and linen
- Is dark in colour to absorb UV radiation (white and lighter colours reflect UV radiation onto skin)
- If used for swimming, is made from materials such as lycra, which stays sun protective when wet.



SLOP on SPF30 or higher sunscreen that is:

- Broad spectrum and water resistant
- Applied liberally to clean, dry skin at least 20 minutes before going outside
- Reapplied every two hours
- Used with other forms of protection such as hats and shade
- Not out of date - check to see that your sunscreen has not expired.



SLAP on a hat that is:

- Broad-brimmed and provides good protection for the face, nose, neck and ears, which are common sites for skin cancers (caps and visors do not provide adequate protection)
- Made with closely woven fabric – if you can see through it, UV radiation will get through.
- Worn with sunglasses and sunscreen to increase your level of protection.



SEEK shade by:

- Making use of trees or built shade structures, or bring your own pop-up tent or umbrellas.
- Making sure your shade structure casts a dark shadow and using other protection (such as clothing, hats, sunglasses and sunscreen) to avoid reflected UV radiation from nearby surfaces.



SLIDE on sunglasses:

- With a broad-brimmed hat to reduce UV radiation exposure to the eyes by up to 98 per cent
- On children as well as adults
- That are close-fitting wrap-around style that meet the Australian Standard AS 1067 and provide an Eye Protection Factor EPF of 9 or above.



Source: Cancer Council Queensland

For more information, visit lifesaving.com.au

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