

Activity 20: SunSmart crossword (cont.)

Crossword clues

Across:

- 1 Together a broad brimmed hat and _____ (10) can reduce the amount of UV reaching the eyes by about 98%.
- 4 _____ (4) is like a physical barrier placed on the skin to reflect and scatter UV radiation away from the skin. This type of sunscreen can be suitable for sensitive skins.
- 6 Sunscreen should be applied generously. A _____ (8) of sunscreen should be applied to the face, neck and ears, and the same for each leg and arm, and the front and back of the body.
- 7 If placed in _____ (7) heat (such as in the glovebox of a car), sunscreen may lose its effectiveness.
- 8 UV radiation in a _____ (8) can be up to 5 times as strong as the midday summer sun.
- 10 The Cancer Council Australia recommends applying SPF (Sun Protection Factor) _____ (6,4) water resistant sunscreen.
- 15 The _____ (5) the sunscreen is, the less effective it may be. Remember to only use it within its expiry date.
- 16 The _____ (4) way to keep your skin protected is to use a combination of 5 sun protection measures.
- 17 _____ (4,11) of your skin is important to keep track of any changes.
- 21 Using just _____ (3) sun protection measure alone doesn't provide enough protection from UV. It is best to use a combination of 5 sun protection measures. Particular care should always be taken in the middle of the day between 10 am and 3 pm when the sun's UV radiation reaches its peak.
- 22 _____ (4) your day by using the SunSmart UV Alert. This tells you when the UV index levels reach 3 and above and when sun protection is required.
- 23 There is no such thing as windburn. UV radiation can burn your skin – not the wind. Have you ever got windburn on a warm, _____ (4) windy night?
- 24 Sand, snow and water can _____ (7) some UV radiation. UV radiation can also be scattered by particles in the air.
- 27 Sunscreen must be used within its expiry _____ (4) and stored at a temperature less than 25 degrees.
- 29 When your skin has been damaged by the sun and sunburnt, it will usually _____ (4).
- 31 Sunscreen should be applied every _____ (3) hours, and more frequently if swimming or perspiring. Don't wait the 4 hours that might be recommended on the sunscreen bottle!
- 32 The higher the _____ (3) (Sun Protection Factor), the more protection the sunscreen provides.
- 33 UV radiation can't be seen or felt and can still damage our skin on cool, _____ (6) days so sun protection is still needed.
- 34 _____ (3) radiation penetrates the top layer of the skin. It can cause premature aging and wrinkling, and contributes to the development of skin cancer.
- 37 Sunscreen works by _____ (8) the amount of UV radiation reaching exposed skin. It does not totally block out UV.
- 39 _____ (4) on a hat!
- 41 _____ (2) sunscreen gives complete protection, it must be used in combination with other sun protection measures.
- 43 _____ (3) radiation can cause sunburn and skin cancer.
- 44 The Slip! Slop! Slap! _____ (8) was developed by the then Anti-Cancer Council of Victoria in 1980.
- 45 Solariums use artificial UVA and UVB radiation which are both known to be _____ (8) responsible for causing skin cancer and prematurely ageing the skin.
- 46 The _____ (5) of sunscreen does not always indicate its effectiveness. If the container says it is SPF 30+ broad spectrum, water resistant sunscreen and follows the Australian Standard, you know it will do the job it is supposed to do regardless of the cost.

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Down:

- 1 Ultraviolet (UV) radiation from the ___ (3) can lead to wrinkles, skin blotches and blemishes, sunburn and skin cancer.
- 2 ___ on a shirt! (4)
- 3 Bucket, legionnaire and ___ (5) brimmed hats offer the best protection for the head and neck. (A bucket hat should have a brim of at least 6 cm and the ___ brim should be at least 7.5 cm wide.)
- 5 Skin cancer is not only caused by the number of sunburns a person has but also the ___ (10) amount of UV exposure over time.
- 7 Sunscreen is not effective if used beyond its ___ (6) date.
- 8 There is no such thing as a ___ (4) tan. A tan is your body's reaction to overexposure to the sun.
- 9 ___ (4) on some sunglasses!
- 10 The level of UV radiation is not related to air _____ (11) so even on cool days UV can still damage your skin.
- 11 Whenever UV index levels reach 3 and above we need to use sun protection. In the northern parts of Australia UV index levels reach 3 and above throughout the entire ___ (4).
- 12 ___ (4) on some sunscreen!
- 13 Even if the weather is slightly ___ (4) or even cold, UV radiation levels can still be high because they are not linked to the temperature.
- 14 An _____ (8) sunscreen filters UV radiation and prevents most (but not all) UV from reaching the skin. It must be applied 20 minutes before going out in the sun.
- 15 About 60% of the sun's UV radiation reaches the earth a few hours either side of solar noon when the sun is directly _____ (8)
- 18 _____ (12) to UV radiation from the sun during childhood and teenage years has a big impact on the likelihood of developing skin cancer.
- 19 Clothing that covers as much skin as possible and has _____ (7,5) fabric is recommended.
- 20 Not all sunscreens have the same ingredients – if your skin has an _____ (8) reaction to one, try another brand. (Reflective sunscreens e.g. zinc cream seem to be more suitable for sensitive skins.)
- 23 ___ (3) t-shirts can offer better protection than wet t-shirts as the water pulls the threads and allows more UV radiation to reach the skin.
- 25 You can get ____, (4) information about sun protection from the SunSmart website at www.sunsmart.com.au.
- 26 Sunscreen should be applied _____ (6) minutes before going outside.
- 28 You should never be too ___ (4) to use sun protection measures – it should be a part of your daily routine.
- 30 _____ (5) spectrum sunscreens help protect against both types of UV radiation: UVA and UVB.
- 35 Sunscreen is a chemical barrier that can ___ (6) UV radiation.
- 36 For shade, try sitting _____ (5) a tree or take some portable shade with you!
- 38 Sunscreen should be applied to _____ (5) and dry skin.
- 40 Sun _____ (10) clothing covers as much skin as possible.
- 42 You can _____ (6) sunburnt in as little as 15 minutes on a fine January day.

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Answers

