

Being SunSmart at school.



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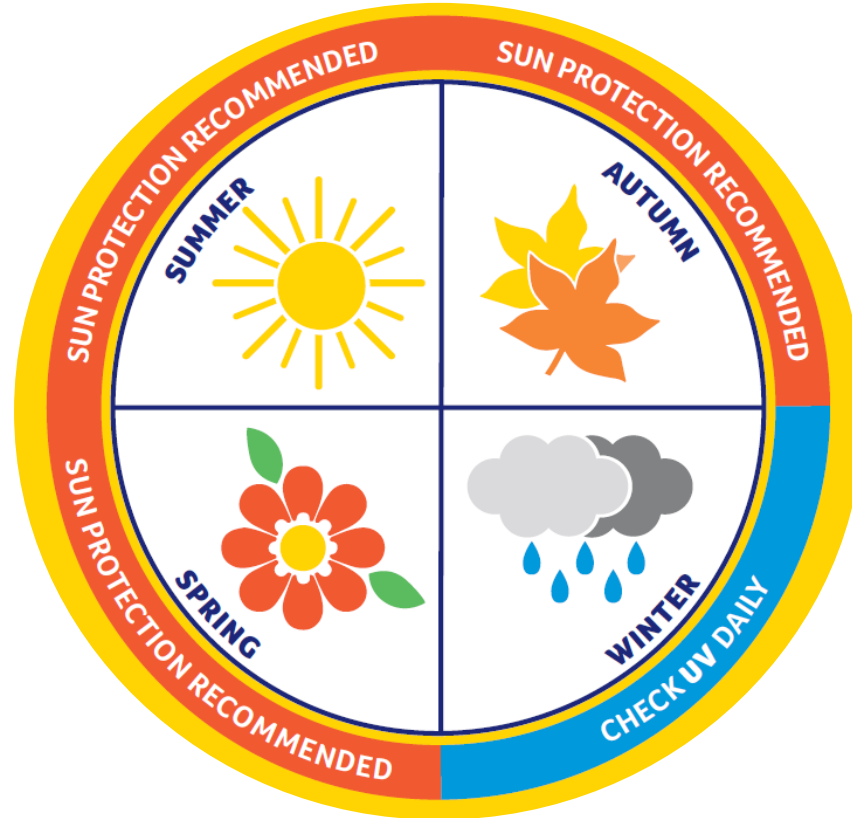




**The sun can
damage our skin
and eyes.**



Sun protection for all seasons!



**Terms 1, 3 and 4
+ when the UV is 3 or above...**



SLIP



SLOP



SLAP



SEEK



SLIDE



**SunSmart hats are
essential.**



What is a SunSmart hat?

Broad-brimmed hats



Bucket hat

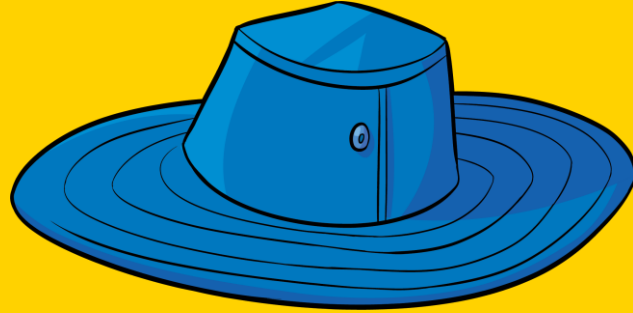


Legionnaire-style hat



Warning: Baseball caps expose the cheeks, ears and back of the neck to harmful UV radiation





Thank you

For more information, contact SunSmart
Email: sunsmart@cancersa.org.au
Phone: (08) 8291 4265



Additional slides

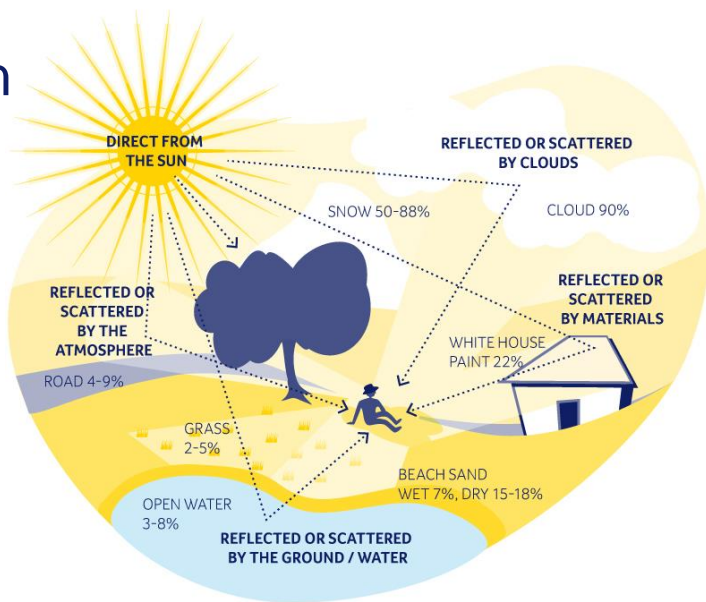


What is UV?

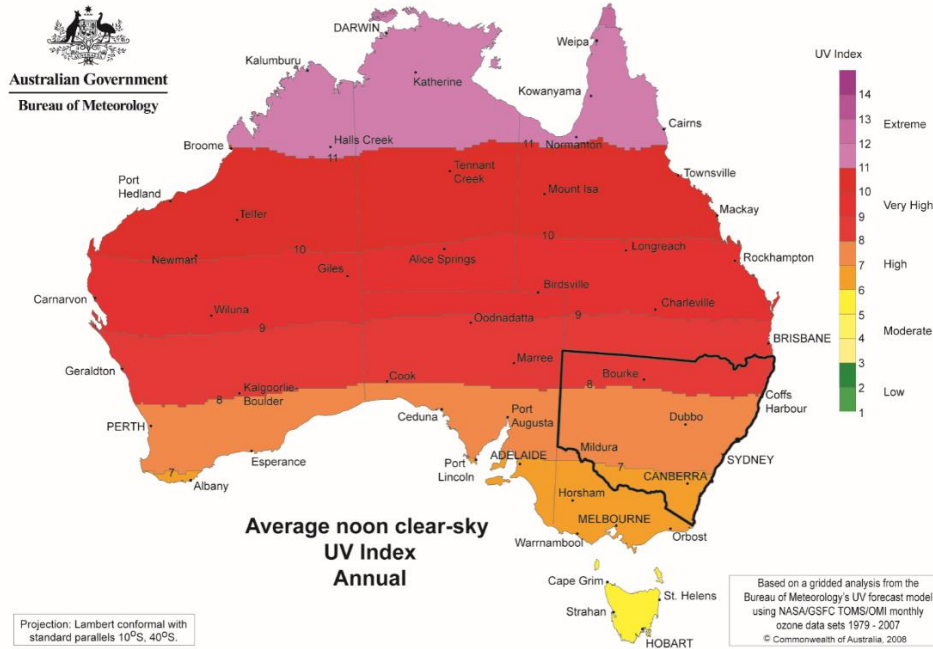
Ultraviolet (UV) radiation:

- A form of energy emitted from the sun
- Cannot be seen or felt
- Affected by many factors such as:
 - time of day
 - time of year
 - cloud cover
 - altitude and reflection
 - amount of shade
 - but *NOT* temperature

Scattered and reflected UV



UV in Australia.



11+	EXTREME Extra protection. Avoid being outside during midday hours. Seek shade. Shirt, sunscreen and hat are a must.
8-10	VERY HIGH Extra protection. Avoid being outside during midday hours. Seek shade. Shirt, sunscreen and hat are a must.
6-7	HIGH Protection required. Seek shade during midday hours. Slip on a shirt, slip on sunscreen and slap on a hat.
3-5	MODERATE Protection required. Seek shade during midday hours. Slip on a shirt, slip on sunscreen and slap on a hat.
1-2	LOW No protection required. Most people can safely stay outside.



UV Index

11+	EXTREME	<p>A COMBINATION OF THE FIVE SUN PROTECTION MEASURES ARE RECOMMENDED</p> <div></div> <p>SLIP SLOP SLAP SEEK SLIDE</p>
8-10	VERY HIGH	
6-7	HIGH	
3-5	MODERATE	
1-2	LOW	
		SUN PROTECTION IS GENERALLY NOT REQUIRED UNLESS YOU ARE AN OUTDOOR WORKER

SunSmart App.

