

SUN SAFETY

Stay safe at the beach and follow these rules to be sun smart.

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- Broad spectrum, water resistant and not out of date
- Applied liberally to clean, dry skin at least 20 minutes before going outside and reapplied every two hours
- Used with other forms of protection such as hats and shade

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.
- Avoiding being in direct sunlight when the UV Index is higher than 3 (UV levels are most intense in the middle of the day)

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.

More Information

Visit the [BeachSafe website](#), or the Beachsafe App for [iOS](#) and [Android](#)