

When hosting an outdoor event it is a good idea to regularly remind participants to be SunSmart and protect their skin. Cancer Council WA has developed the following SunSmart PA announcements that you can use at outdoor events.

“Remember a baseball cap won’t protect your neck. Wear a wide brimmed or bucket hat instead. Cover up, be SunSmart.”

“If you’re outdoors or swimming, remember to reapply your sunscreen regularly. Cover up, be SunSmart.”

“Did you know that the sun is dangerous when the UV level is 3 or above? This is often between 10am and 3pm. If you’re going out, cover up, be Sun Smart.”

“Remember you can still get burnt on a cool or cloudy day so cover up, be SunSmart.”

“You don’t have to be at the beach to get sun burnt. Cover up, be Sun Smart.”

“When you apply sunscreen, don’t rub it in. For best results, layer it on and reapply regularly. Cover up, be SunSmart.”

“Australia is the skin cancer capital of the world. So make sure you slip, slop, slap, seek & slide. Cover up, be SunSmart.”

“Found early, over 90% of skin cancers can be treated successfully. So check your skin regularly and if you notice any unusual changes, see your doctor.”

“Just because you’ve applied sunscreen doesn’t mean you can stay out in the sun without damaging your skin. Cover up, be SunSmart.”

“On average, how long does it take to start getting sunburnt? Give up? As little as 10 minutes in summer! That’s all. So if you’re outside, cover up, be Sun Smart.”

“If you’re out in the sun, even on a cool or cloudy day, you can get burnt. So make sure you wear a wide brimmed hat, long sleeve shirt and sunnies. Cover up, be SunSmart.”

“If you’re relying on sunscreen to stop you getting burnt, you’re taking a risk. The safest way to protect your skin if you’re outside is to use shade, wear a wide brimmed hat, a long sleeve shirt and sunglasses. Then apply sunscreen. Cover up, be SunSmart.”

Pre-recorded audio files of these announcements are available by contacting the SunSmart Campaign Coordinator on (08) 9388 4333.