

Sun exposure can lead to skin cancer and other forms of skin and eye damage later in life. Remember to Slip! Slop! Slap! Seek! Slide!

Layer sunscreen on thickly 20 minutes before going out into the sun and reapply sunscreen every two hours. **Do not rub it in!**

There is no such thing as wind burn! Wind may dry your skin but it will not burn it. Remember to Slip! Slop! Slap! Seek! Slide! when the UV Index is 3 or above.

Ultraviolet radiation can penetrate clouds so do not be fooled when it's overcast. Protect yourself from the sun when the UV Index is 3 or above.

Be SunSmart and protect your eyes with close fitting wrap around sunglasses.

Ultraviolet radiation can reflect or bounce off sand, water and paving, so remember to use sun protection in the shade.

Cancer Council Western Australia says: **Be SunSmart!**

- Slip on a shirt
- Slop on sunscreen
- Slap on a hat
- Seek shade
- Slide on some sunglasses

Use a combination of these sun protection measures outside when the UV Index is 3 or above.

Use an SPF 30 or higher broad spectrum water resistant sunscreen. Always apply sunscreen thickly and **do not rub it in!**

Instead of a baseball cap use a broad brimmed, bucket or legionnaire style hat which protects your ears and back of the neck.

A tan doesn't last a lifetime, but skin damage does! Remember to Slip! Slop! Slap! Seek! Slide!

Sunscreen should never be the only method of sun protection used. Nor should it be used to stay out in the sun longer, remember to use a combination of Slip! Slop! Slap! Seek! Slide!

Australians generally apply too little sunscreen. This means they usually get less than half the protection stated on the product label. Children usually require approximately ½ teaspoon on each extremity.

The SunSmart UV Alert is a useful tool to use when planning outdoor events. Issued by the Bureau of Meteorology ([www.bom.gov.au](http://www.bom.gov.au)) when the UV Index is forecast to reach 3 and above, it also displays the time period when you need to use sun protection. You can access the real time UV reading for any capital city in Australia at [www.arpansa.gov.au/uvindex/realtime/](http://www.arpansa.gov.au/uvindex/realtime/) Download the SunSmart app for smartphones and tablets today!

Role modelling by parents, teachers, sport coaches and other adults has a positive influence on the sun protection habits of young people. So remember to lead by example and Slip! Slop! Slap! Seek! Slide! when outside.

When visiting the school, families and visitors are asked to use a combination of sun protection measures. Children learn lifelong sun protection behaviours from their parent, so lead by example!

Well-designed shade not only provides pleasant surroundings to relax in, but also provides shelter from the sun's ultraviolet (UV) radiation. Use this UV protection measure along with others for maximum protection.

Shade is a very effective form of sun protection, however, it will not totally block out all of the sun's ultraviolet (UV) rays. UV radiation can scatter in the atmosphere and reflect from surfaces such as water, sand and concrete. Maximum UV protection can be achieved by using shade in conjunction with sun protective clothing, hats, sunscreen and sunglasses.

When outdoors or swimming remember to reapply your sunscreen every 2 hours.

Remember you can still get sunburnt on a cool or cloudy day, so Slip! Slop! Slap! Seek! Slide!

There is no such thing as a safe tan. Tanning is a sign of skin damage. Don't cook for looks, remember to Slip! Slop! Slap! Seek! Slide!

It does not have to be hot for sunburn to occur. Most people get burnt when the temperature is between 18 and 27 degrees, Slip! Slop! Slap! Seek! Slide!

Over exposure to UV radiation leads to; sunburn, wrinkling, premature aging, eye damage and skin cancer. So Slip! Slop! Slap! Seek! Slide!

The same harmful rays that damage skin can also cause both short and long term damage to children's eyes, so be SunSmart and protect eyes with close fitting wrap around sunglasses.

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

Some clothing is marked with an Ultraviolet Protection Factor (UPF). The higher the UPF, the more protection the fabric will provide. Look for clothing with a UPF Factor of 40-50+.

Sun protection lessons help students make decisions about their individual health and safety and understand the science and impact of ultra violet radiation.

Remember that UV can penetrate water up to 50cm, so don't be fooled by thinking you are protected in the water, remember to apply sunscreen 20 minutes before going for a swim.

For more information or an electronic copy of this document contact:

SunSmart Education Coordinator  
Cancer Council Western Australia  
Phone: 9388 4351  
Email: [sunsmart@cancerwa.asn.au](mailto:sunsmart@cancerwa.asn.au)



Visit **[www.GenerationSunSmart.com](http://www.GenerationSunSmart.com)** to receive FREE resources.

The Generation SunSmart website provides all educators with online workshops offering helpful information, tips and practical ideas about sun protection education, content delivery and sun protection in schools.