



SMART SUN PROTECTION EDUCATION

SUN PROTECTION EDUCATION, FOR SCHOOLS, CLUBS, EMPLOYEES, EVENT GOERS.

- Use a sunscreen with SPF of 50+ and apply it at least 20 minutes before sun exposure. This is necessary to build a protective layer to your skin.
- Sunscreens, suncare should be used to reduce sun exposure, and not prolong it.
- Re-apply any sunscreen at least every 2 hours or as needed after swimming, sweating, towel drying, wearing a face mask or goggles.
- Use sunscreen even on cloudy days.
- Never leave children exposed to the sun without adequate protection. Because of the long time it takes for cancer to develop, studies suggest that over-exposure early in life may lead to skin cancers later in life.
- Try to avoid the sun between 10am-3pm when the sun's rays are very strong.
- Forgotten areas: ears, backs of your hands, behind your knees, neck front and back also the tops of your feet, and ankles.
- It is extremely important for outdoor workers to use an everyday SPF50+ sunscreen cream.

Sunscreens should be used to reduce sun exposure, and not prolong it. The meaning of the SPF value is, that with a sunscreen labelled SPF50+. Properly applied, it will take at least 30 times as long to accumulate the same amount of skin damage as it would without this sunscreen. Together, with clothing, a hat, and shade, sunscreens provide a complementary means for protecting your skin from the short and long term consequences of over exposure to sunlight. These include, sunburn, premature ageing, and skin cancer.

Some ways to help educate others; hold a fundraiser, email, copy and give out to others, put up in your work place, club or school. Also feel free to put on social media.

SUN PROTECTION REMEMBER TO WEAR A HAT • CLOTHING • SUNSCREEN • SUN GLASSES

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