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Proven Medical Facts

Fact 1 :

*Sun exposure can
ruin your day*

Fact 2 :

*Sun exposure
causes skin damage
- AGEING*

Fact 3 :

*Sun exposure can
cause
CANCER*

Top 10 Tips

- 1 Avoid the hottest time of day 11 am - 3 pm
- 2 Apply sunscreen liberally - hourly
- 3 Check sunscreen protects against both UVB and UVA rays
- 4 Wear loose fitting, airy clothes and a hat
- 5 For the first two days spend no more than 10 - 20 mins in hot sun & build up exposure gradually
- 6 Ensure sunscreen is water resistant
- 7 Sun rays reflected off water and snow are more intense
- 8 Beware of burning even when cloudy
- 9 Drink plenty of fluids - prevent dehydration
- 10 Rest frequently - prevent heat exhaustion

Children/Infants

They have sensitive skin that burns easily, REMEMBER:



- ⊗ Ensure they wear big hats that cover their ears and neck
- ⊗ Ensure their arms and legs are covered
- ⊗ Use a high factor of water resistant sunscreen
- ⊗ Protect them from direct sunlight - sunshades are effective

Prevention is better than Treatment

SUNBURN

Should this occur;

- ⊗ Puncture blisters
- ⊗ Drain Fluid
- ⊗ Keep area clean
- ⊗ Avoid further sun exposure
- ⊗ Apply Calamine Lotion
- ⊗ Mild painkillers can relieve pain and inflammation



Remember the Australian Motto:



"SLIP, SLAP, SLOP"



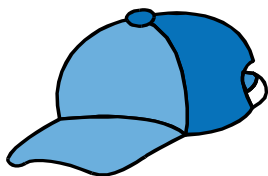
SLIP

on a

shirt

SLAP

on a hat



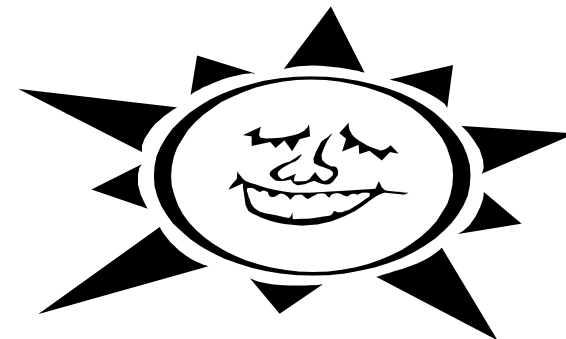
SLOP

on some

cream!



**Sun
Exposure
Policy**



A suntan may look attractive but has harmful effects both in the short and long term.