

# How to create good sun protection habits

## Did you know?

Skin cancer is the most common cancer in Australia.

Two out of three Aussie kids at school today will be diagnosed with skin cancer in their lifetime – some of them with deadly melanomas.

It is estimated that 95-99 per cent of all skin cancers are caused by ultraviolet (UV) radiation from the sun. Unprotected exposure of your child's skin to UV significantly increases their risk of developing skin cancer later in life. High sun exposure in the first 10 years more than doubles melanoma risk.

The good news is almost all skin cancers are preventable. Creating good sun protection habits for life helps reduce exposure to UV and the risk of skin cancer and eye damage.

## When do we need sun protection?

Most areas in SA experience high levels of UV most of the year—even on cloudy or cooler days.

Check the SunSmart App daily for UV levels in your local area and the times of day that sun protection is required.



## What to do when the UV level is 3 or above

It's simple! Slip, Slop, Slap... plus Seek and Slide.



### Slip

on SunSmart clothing, such as longer-style shorts and skirts, T-shirts and dresses with sleeves, collars or covered necklines, rash tops or T-shirts for swimming and other water activities.



### Slop

on SPF 30 or higher broad-spectrum water-resistant sunscreen. Apply 20 minutes before going outdoors and reapply every two hours. Apply sunscreen more often if washed off or swimming.



### Slap

on a broad-brimmed, bucket or legionnaire hat that protects the face, neck and ears.



### Seek

out shady areas, but still use SunSmart hats, clothing and sunscreen.



### Slide

on sunnies that meet the Australian Standard 1067 and have an eye protection factor rating of EPF 10.



## The facts about sunscreen

There is clear evidence that sunscreen helps protect against skin cancer. However, sunscreen does **not provide complete** protection and should always be used with SunSmart hats, clothing and shade.

Allergic reactions to sunscreen are extremely rare. Cancer Council recommends performing a usage test before applying a new sunscreen. Apply a small amount of the product on the inside of the forearm for a few days to check if the skin reacts. If it doesn't react, it's safe to apply to the rest of the body. While the usage test may show whether the skin is sensitive to an ingredient in the sunscreen, it may not always indicate an allergy, as this may also occur after repeated use of the product.

If a reaction occurs, discontinue use and seek advice from a doctor about choosing an alternative product.

## Want to know more?

Check out  
[SunSmart.org.au](https://sunsmart.org.au)

or contact the SunSmart team on **(08) 8291 4265**.



The "SunSmart Hat Wearing Toolkit" resources are owned by Cancer Council NSW and are used by Cancer Council SA, under licence from Cancer Council NSW.



Proudly supported by  
**Cancer Institute NSW**



## Walk the talk

As a parent, carer or educator, it's important you protect your own skin and be a good role model for children in your care. A handy tip is to keep a SunSmart hat and sunscreen in your bag, car or classroom for whenever you head outside.

## Brimms are best

SunSmart hats such as bucket, broad-brimmed or legionnaire styles are best. A SunSmart hat not only protects the face, head, neck and ears, but it can reduce the amount of UV reaching the eyes by 50 per cent. Baseball caps and sun visors are not recommended because they do not protect the cheeks, ears and back of the neck.



[sunsmart.org.au](https://sunsmart.org.au)