

Being SunSmart at school.



Proudly supported by
Cancer Institute NSW

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.

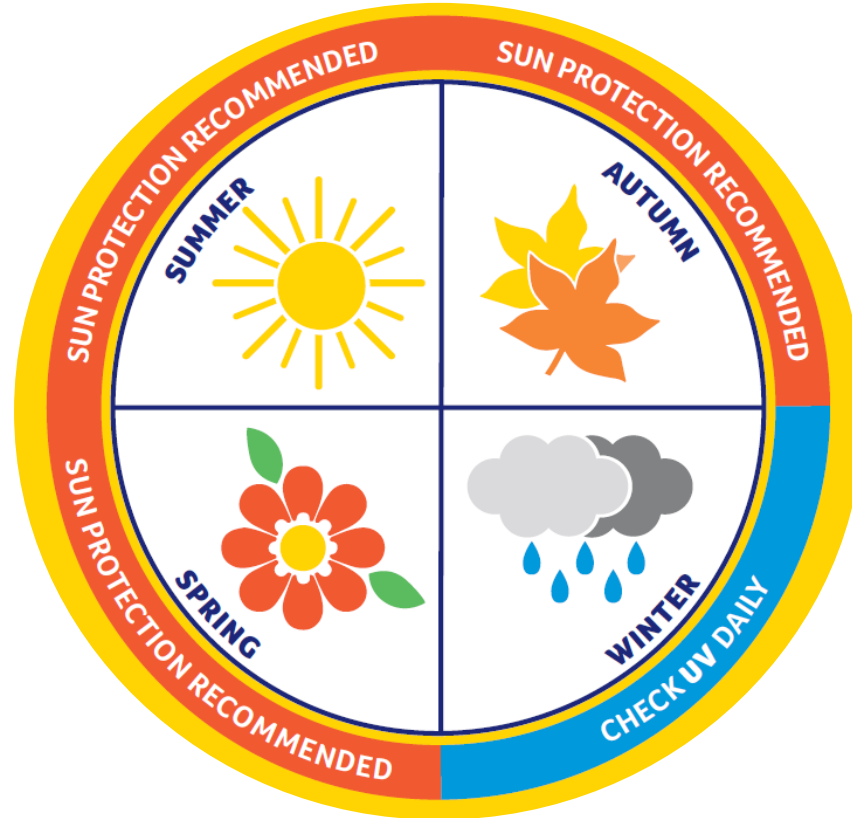




**The sun can
damage our skin
and eyes.**



Sun protection for all seasons!



**Terms 1, 3 and 4
+ when the UV is 3 or above...**



SLIP



SLOP



SLAP



SEEK



SLIDE



**SunSmart hats are
essential.**



What is a SunSmart hat?

Broad-brimmed hats



Bucket hat

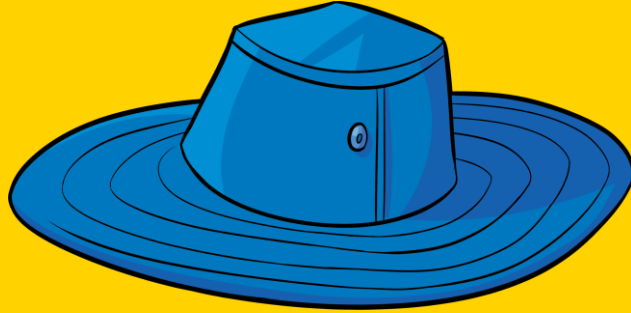


Legionnaire-style hat



Warning: Baseball caps expose the cheeks, ears and back of the neck to harmful UV radiation





Thank you

For more information, contact SunSmart
Email: sunsmart@cancersa.org.au
Phone: (08) 8291 4265



Additional slides

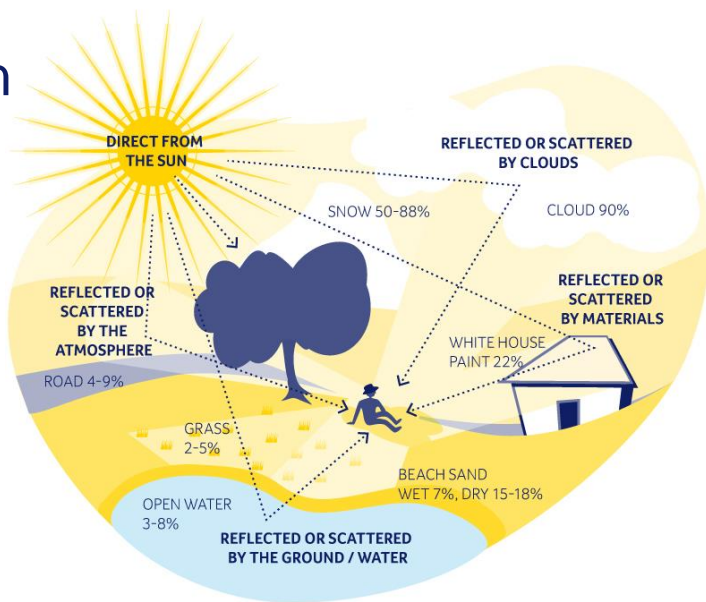


What is UV?

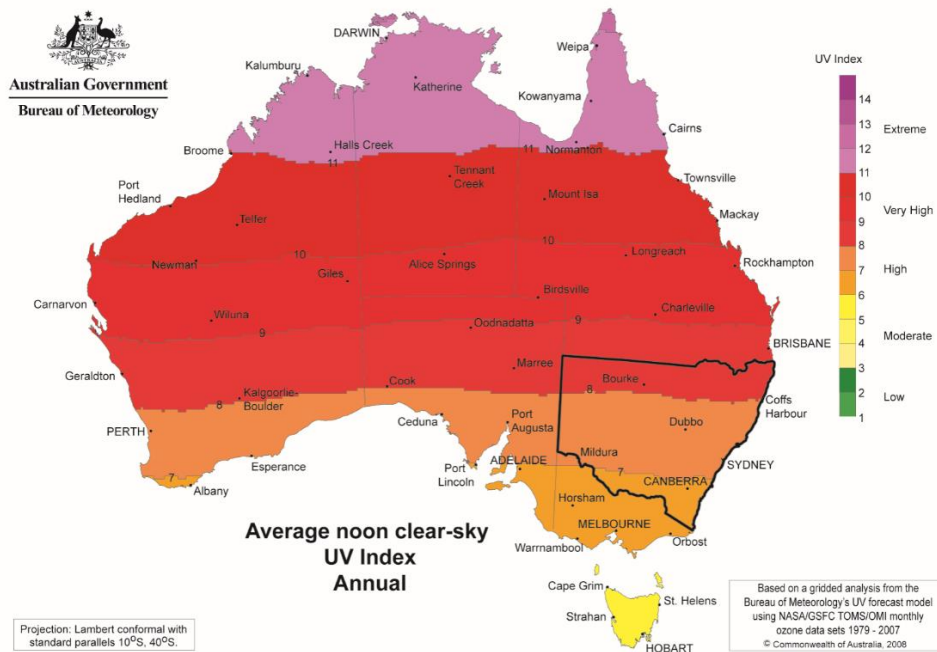
Ultraviolet (UV) radiation:

- A form of energy emitted from the sun
- Cannot be seen or felt
- Affected by many factors such as:
 - time of day
 - time of year
 - cloud cover
 - altitude and reflection
 - amount of shade
 - but *NOT* temperature

Scattered and reflected UV



UV in Australia.



UV INDEX

11+	EXTREME Extra protection. Avoid being outside during midday hours. Seek shade. Shirt, sunscreen and hat are a must.
8-10	VERY HIGH Extra protection. Avoid being outside during midday hours. Seek shade. Shirt, sunscreen and hat are a must.
6-7	HIGH Protection required. Seek shade during midday hours. Slip on a shirt, slip on sunscreen and slap on a hat.
3-5	MODERATE Protection required. Seek shade during midday hours. Slip on a shirt, slip on sunscreen and slap on a hat.
1-2	LOW No protection required. Most people can safely stay outside.



UV Index

11+	EXTREME	<p>A COMBINATION OF THE FIVE SUN PROTECTION MEASURES ARE RECOMMENDED</p> <div></div> <p>SLIP SLOP SLAP SEEK SLIDE</p>
8-10	VERY HIGH	
6-7	HIGH	
3-5	MODERATE	
1-2	LOW	
		SUN PROTECTION IS GENERALLY NOT REQUIRED UNLESS YOU ARE AN OUTDOOR WORKER

SunSmart App.

