

Being SunSmart at School.

1: Being SunSmart at school

2: 2 in 3 image

Australia has the highest rate of skin cancer in the world.

Two in three people who grow up here will be diagnosed with some form of skin cancer in their lifetime.

3: Skin cancer is one of the most preventable cancers

But it's not all bad news. We know that nearly all skin cancers are directly related to our ultraviolet (UV) exposure; by protecting ourselves now from the sun's harmful UV rays, we can significantly reduce our risk of skin cancer later in life.

4: Sun protection for all seasons!

Unlike the sun's light which we see, or the sun's warmth (infrared radiation) which we feel, our senses cannot detect UV so it can be damaging our skin without us knowing.

In NSW, the UV levels can be high enough to damage unprotected skin most months of the year, even during winter!

That is why it is important to check the UV regardless of the season and protect our skin whenever the UV is 3 or above.

5: SLIP, SLOP, SLAP, SLIDE, SEEK shade

The easiest way to protect ourselves from UV is to:

- SLIP on clothes that cover the arms and legs
- SLOP on SPF 30 or higher broad-spectrum water-resistant sunscreen and reapply every two hours
- SLAP on a broad-brimmed hat or one that covers the head, face, neck and ears
- SEEK shade, particularly over the middle part of the day when UV is highest
- And SLIDE on close fitting sunglasses

6: SunSmart hats are essential.

Wearing a SunSmart hat is one of the easiest and most effective forms of sun protection in the school environment.

Our faces are exposed to damaging UV every day. Ears, temples, lips and the nose are among the most common parts of the body where skin cancer develops later in life.

And the sun's rays don't just damage skin – they can cause permanent damage to the eyes as well. A SunSmart hat can reduce the amount of UV radiation reaching the eyes by 50%.

So, if you're not wearing a SunSmart hat? "No hat, play in the shade."

7: What is a SunSmart hat?

What is a SunSmart hat?

SunSmart hats are broad-brimmed, bucket and legionnaire-style hats. They protect the face, back of the neck, ears and eyes.

Baseball caps are not SunSmart because they don't protect the ears, cheeks or back of the neck.

8: SunSmart heroes

So now that we know the damage UV rays can do and what we can do to reduce our exposure to UV, it is time to put on our SunSmart hats and protect ourselves against skin cancer!

9: Thank you

Thank you.

For more information, contact SunSmart

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10: Additional Slides

11: What is UV?

UV is a form of energy emitted from the sun and some artificial sources such as solariums.

The strength of UV depends on many factors including:

- time of day – the higher the sun is in the sky, the higher the UV level
- amount of cloud cover – UV levels are highest under cloudless skies
- geographical location – the closer to the equator you are, the higher the UV is
- altitude – UV increases at higher altitudes
- extent of reflection
- extent of shade

12: UV in Australia

In Australia, we experience some of the highest UV levels in the world.

This is the UV levels at noon on a clear-sky day, averaged across 12 months of the year. As you can see, the UV levels are in the High + range for most of the country.

13: UV Index

The UV Index tells us how much UV is present on a scale from 0 (Low) (e.g. at night) to 11+ (Extreme) - Higher levels indicating a greater risk of skin damage occurring in a shorter amount of time.

For most Australians damage occurs from UV 3 and higher but for those who work outdoors, even a small amount of UV can be damaging as they are exposed more frequently, and damage is cumulative!

The SunSmart UV Alert graph on the right shows the changing UV levels at different times of the day. Unlike heat that tends to rise throughout the day, the UV peaks during the middle of the day when the sun is highest in the sky.

14: SunSmart App

How do we know when we need sun protection?

We can check how high the UV is with the free SunSmart app.

The SunSmart app tells you the times during today when you need to be SunSmart for your location – when the UV level is 3 or above.

The app also tells you what the UV is at that time so when possible, you can avoid being in the sun at the times when UV is highest.

You can download the app by searching “SunSmart” into the App Store for iPhone or Google play for Android.