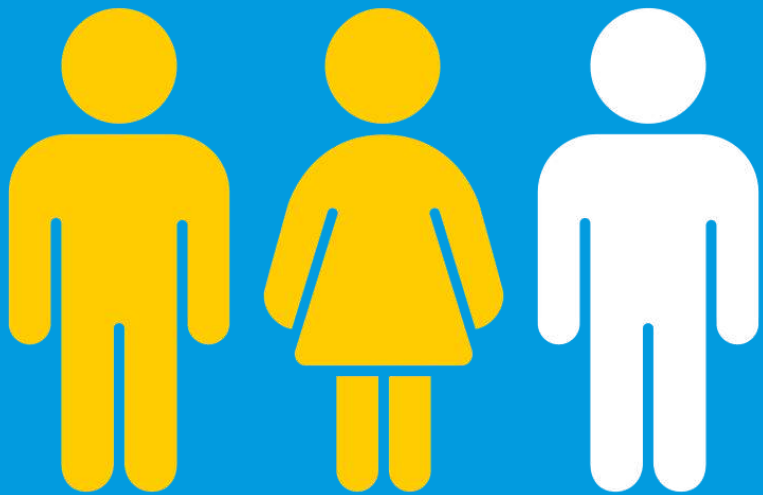


Being SunSmart at school.




Proudly supported by
Cancer Institute NSW





2 IN 3 AUSTRALIANS
will be diagnosed with skin
cancer by the age of 70

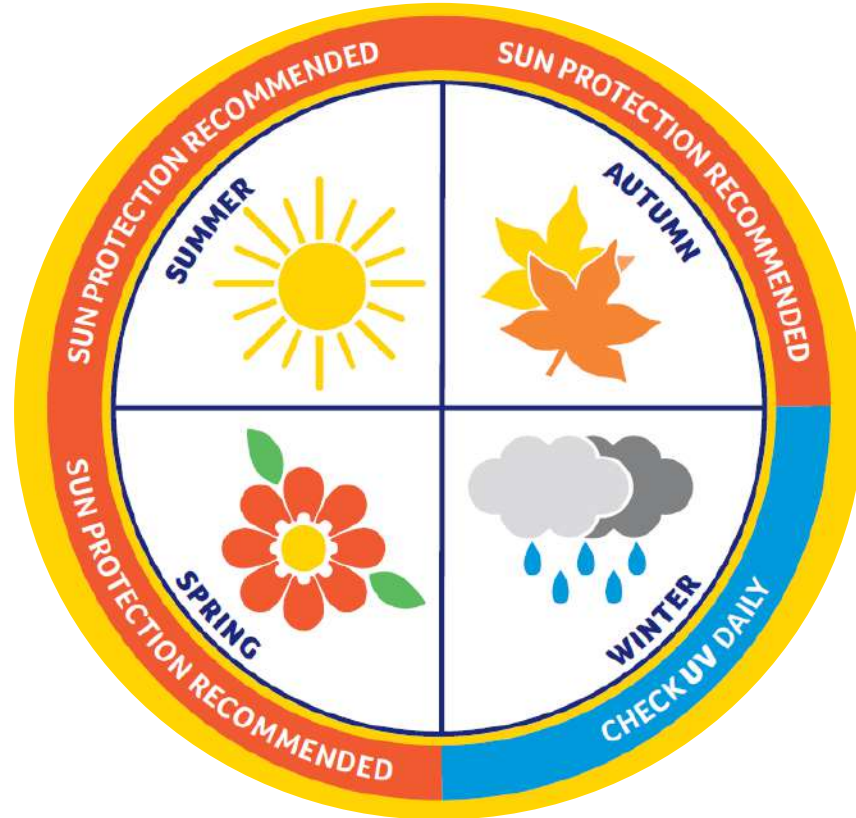




**Skin cancer is
one of the most
preventable
cancers.**



Sun protection for all seasons!





SLIP



SLOP



SLAP



SEEK



SLIDE





SunSmart hats are essential.



What is a SunSmart hat?

Broad-brimmed hats



Bucket hat

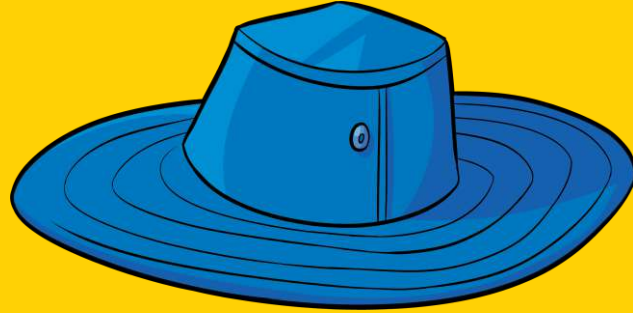


Legionnaire-style hat



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





Thank you

For more information, contact SunSmart
Email: sunsmartschools@nswcc.org.au
Phone: (02) 9334 1761



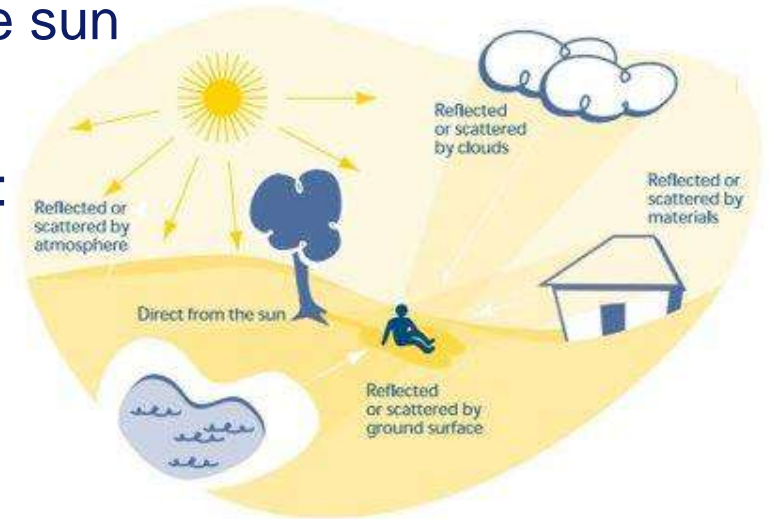
Additional slides



What is UV?

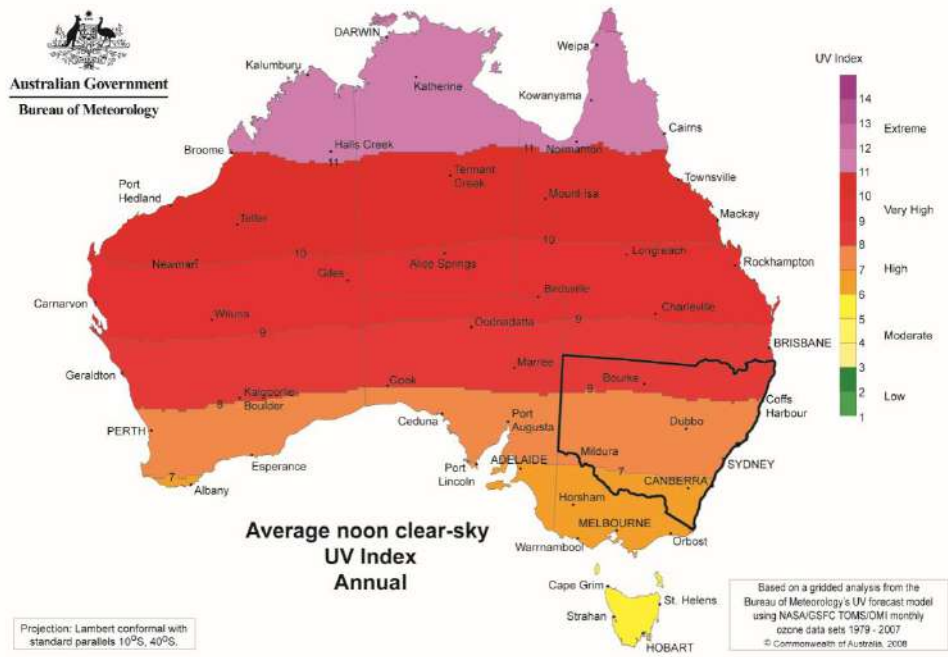
Ultraviolet (UV) radiation:

- 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



Source: Cancer Council Victoria. Shade for everyone:
A practical guide for shade development, 2004.

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.

UV INDEX

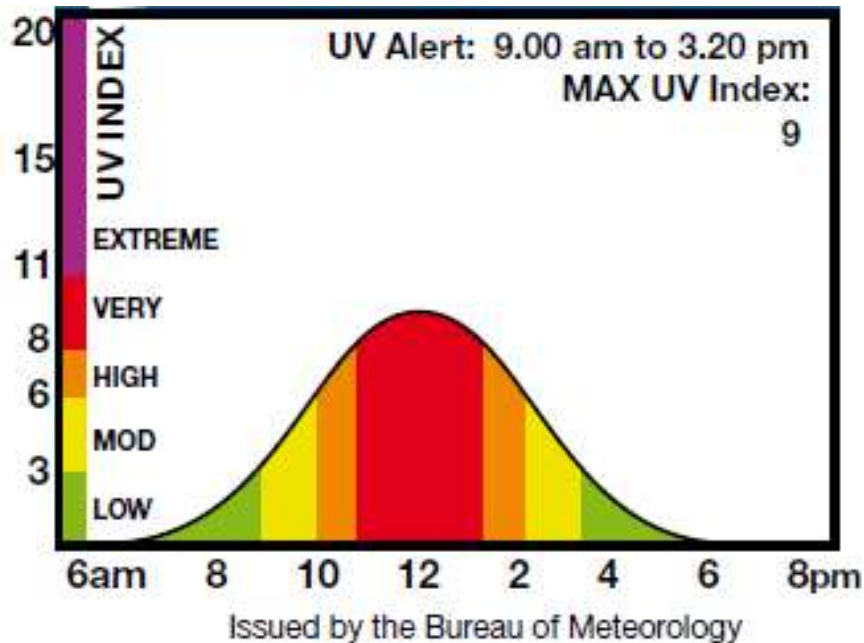
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1-2 **LOW**
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Most people can safely stay outside.



SunSmart App.

