

Check: Sunscreen factor

What to look for when choosing sunscreen:

- Broad spectrum – Protects against UVA and UVB, both can cause skin cancer.
- SPF 15 – Ideal for everyday or occasional short-term exposure.
- SPF 30 – Best choice for extended outdoor activities.
- Water resistant – For exercise, high intensity work, or swimming. No sunscreen is waterproof so reapply regularly.
- Expiry date – Check the sunscreen hasn't passed its expiry date before you use it.

Check: Sunscreen applied

Sunscreens will not protect you fully from sun damage, but they can help protect parts of your skin that you can't shade or cover. We recommend using sunscreens together with shade and clothing to avoid getting too much UV exposure.

"When should I apply sunscreen?"
Apply 30 minutes before going outside.
Apply every 2 hours of exposure.
Apply immediately after swimming or excessive sweating.

"How much is enough?"
Two teaspoons will cover your head, arms and neck.

"Can I stay in the sun for longer now?"
Sunscreen should not be used to extend your time in the sun.

Check: Skin type

Learn how your skin will react to sun exposure. Once you know your risk level, you can arm yourself with the tools you need to protect your skin.

Skin types					
I	II	III	IV	V	VI
Ivory	Beige	Light brown	Medium brown	Dark brown	Very dark brown
You burn easily and tan rarely. Pale skin, light or red hair and prone to freckles.	You burn but may tan gradually. Fair or pale skin with blue or brown eyes.	You burn with long exposure to sun but tan quite easily. Light olive skin with brown or green eyes and dark hair.	You burn with very long exposure but tan easily. Brown eyes and dark hair.	You burn only in excessive sun exposure and your skin darkens easily. Brown skin, brown eyes and dark hair.	You burn only with extreme sun exposure and your skin easily darkens further. Black skin with dark brown eyes and black hair.
Cover up with clothing and protect yourself in moderate sun. Greatest risk of developing skin cancer.	Cover up with clothing and protect yourself in moderate sun.	Cover up and protect yourself in strong sunshine.	Cover up and protect yourself in strong sunshine.	Protect yourself when outdoors in the sun for long periods.	Protect yourself when outdoors in the sun for long periods.

Check: Sun strength

Sun strength is not connected to temperature. Use the UV index to identify the strength of UV radiation from the sun based on the location and date.

The UV index helps you recognise when there is increased risk so you can change your behaviour and protect yourself against the dangers of skin cancer and skin damage.

Before you go outdoors, **check**.

UV Index	01	02	03	04	05	06	07	08	09	10	11+
	Low		Medium			High		Very high		Extreme	
	Safe to stay outside.		Don't spend long periods in the sun unprotected. Take care in midday sun.			Cover up and wear sunscreen. Find shade during midday hours.		Shade during midday hours. Cover up. Wearing sunscreen is essential. Find shade from 10am-3pm.		Cover up. Wearing sunscreen is essential. Avoid being outside at all during midday hours.	

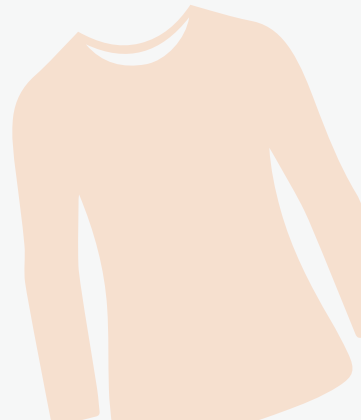
COVER UP

Keep your top on.

Wear long, loose clothing.

Consider using UV protection workwear or specialist outdoor clothing.

1



PROTECT YOUR HEAD

Wear a hat with a brim or a flap that covers your ears and the back of your neck.

Choose sunglasses with UV protection.

If you wear safety goggles or glasses, make sure they have a UV filter.

2



STAY IN THE SHADE

Move into shade whilst working, during breaks and especially at lunch time.

Avoid spending long periods in the sun between 10am–3pm when UV is strongest.

3



USE SUNSCREEN

Use a high factor sunscreen of at least SPF 25 on any exposed skin.

Apply 30 minutes before going outside.

Remember to reapply frequently.

4



STAY HYDRATED

Drink plenty of water to avoid dehydration.

5



SKIN CHECKS

Monitor your skin regularly for any unusual moles or spots.

If you find anything that is changing in shape, size or colour, itching or bleeding, see a doctor promptly.

6

