



Five ways to be sun safe

Adapted from Queensland Health <http://www.qld.gov.au/health/staying-healthy/environmental/sun/how>

Slip, Slop, Slap—and more!

Most of us know to 'Slip, Slop, Slap', but did you know there are actually five ways to protect yourself from the sun?



1. Slip on a **Shirt** or other cover-up clothing

- Cover up as much as possible—wear high necks, long sleeves and longer skirts and pants.
- A loose fit, dark colours and closely woven fabrics provide best protection from the sun's UVR rays. Additionally dark-coloured tops do not reflect the sun on to the face.

In 2017 new standards were introduced for sun protective clothing in Australia and New Zealand; they now include specific requirements for body coverage for clothing and a revised ultraviolet protective factor (UPF) classification scheme.



2. Slap on a **wide-brimmed Hat**

- Shade your face, ears and neck with a wide-brimmed hat such as: slouch hat, bucket or legionnaire's hat.
- Caps and sun visors do not protect the ears and neck.
- The colour under the brim should be a dark to prevent reflection on to the face.



3. Slide on some **Sunglasses**

- Wear sunglasses that meet Australian Standard AS/NZS 1067:2003.
- Large, close-fitting, wrap-around types provide the best sun protection.

4. Slop on some **Sunscreen**

- Apply water-resistant, broad-spectrum SPF30 or higher sunscreen 20 minutes before going outside.
- Reapply after swimming or sweating excessively and at least every two hours.



5. Seek **Shade**

- Get in the shade when you can—seek shade under trees and buildings, or use an umbrella.



Sun-safe tips

- Think about what clothing you're wearing.
- Always grab your hat and sunglasses before you go outside.
- Make applying sunscreen part of your morning routine.
- Walk on the shady side of the street.
- Keep spare hats and umbrellas in your car or bag.