



At a glance—Fashion design features for UVR protection



Clothing

Clothing design is an important factor in determining the UVR protection of a garment:

- Clothing that covers the neck, shoulders, arms and legs as well as the body offers better protection against the sun than more revealing clothing. Put simply, the more skin covered by clothing the better!
- Dark colours and closely woven fabrics are the best.
- If you spend a lot of time in the water, wear sun-safe swimwear.

Shirts and other tops

Tops should:

- protect the neck, for example, a high neck and a collar or some other mechanism to protect the neck
- protect the shoulders and arms—longer sleeves offer more protection than short sleeves.

Skirts and shorts

For skirts and shorts, longer is better—preferably below the knee. The higher the hemline, the more skin is exposed to the sun's UVR.

Fit

Loose clothing offers more protection than close-fitting clothes and is also more comfortable in hot weather.

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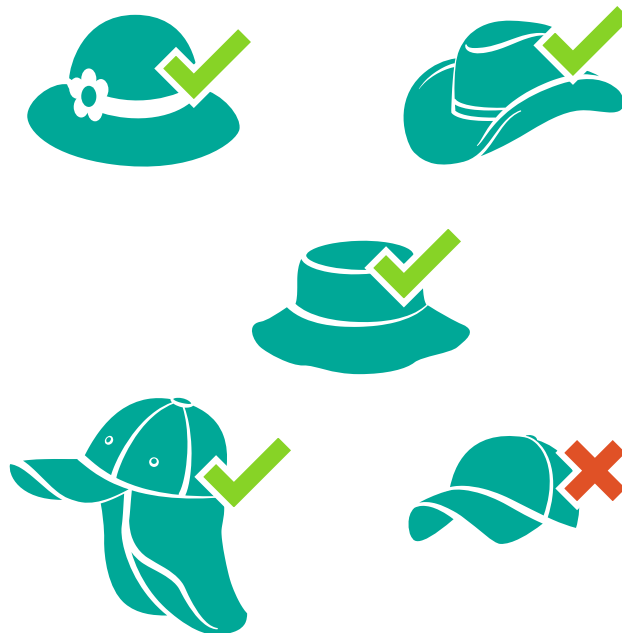
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Hats

Hats are an essential part of a sun-protective wardrobe and should shade your face, ears and neck—for example, a wide-brimmed slouch hat, bucket hat or legionnaire hat. Features to look for include:

- a brim of at least 8–10 cm
- darker colours, especially for the fabric under the brim, to prevent UVR reflecting on to the face
- tightly-woven materials—loosely woven straw or fabric allows UVR to pass through
- Legionnaire-style hats—ensure that the front peak is 8–10 cm deep and that the fabric flap covers the ears and neck

Caps, sun visors and narrow-brimmed hats do not provide adequate protection for the ears, cheeks or neck.



Sunglasses

The sun can also damage your eyes. Wear sunnies that meet Australian Standard AS1067 and fit your face—wraparound styles are the best. Look for:

- compliance with Australian Standard AS 1067—check the label to ensure sunglasses meet this standard
- sunglasses labelled 'EPF10' [Eye Protection Factor rating 10]
- large close-fitting, wraparound-style, or those with side panels that allow less UVR to enter the eyes
- 'general' or 'specific-purpose' sunglasses—those labelled 'fashion spectacles' are designed as accessories only and do not provide adequate UVR protection.

Shoes

Don't forget about your feet! Closed shoes offer greater protection from UVR more than strappy shoes and sandals. Sun-protective swim shoes (which also protect your feet from hot or rough surfaces) are available for wear in the pool or at the beach.

Other clothing and accessories

There are many other ways to enhance sun protection and complement clothing design. For example, sarongs and scarves can be used to provide additional skin coverage when outdoors.