



## Safety & Wellbeing Toolbox



# Skin health sun smart tips

**Ultraviolet (UV) radiation from the sun is our main source of Vitamin D, but it is also the major cause of skin cancer. Under WA's summer sky, your skin can burn in as little as 15 minutes.**



Skin cancer is largely preventable with education and awareness when we are out and about during the day.

### BE SUNSMART!

#### Why should I protect myself?

Australia has one of the highest rates of skin cancer in the world, typically due to exposure to UV radiation from the sun. There are three (3) types of skin cancer

- ▶ Basal cell carcinoma
- ▶ Squamous cell carcinoma
- ▶ Melanoma

Sunburn causes 95% of melanomas, the most deadly form of skin cancer!

#### When should I protect myself?

Sun protection is needed when the UV Index is forecast to reach three (3) or above. The UV Index is a tool that is available every day and lets you know the time of day to protect yourself.

The UV Index is reported during news station weather updates, in the weather page of all Australian daily newspapers, on the Bureau of Meteorology website and on some radio and mobile weather apps.

For the easiest access, download the SunSmart app on your smart phone to check real time UV Index forecasts.

#### How should I protect myself?



##### Slip on sun protective clothing

- ▶ Cover as much skin as possible eg – shirts with long sleeves and high neck/collars



##### Slop on SPF 50+ Sunscreen

- ▶ Ensure your sunscreen is broad spectrum and water resistant.
- ▶ Apply sunscreen liberally to clean, dry skin at least 20 mins before going outside
- ▶ Reapply two (2) hourly



##### Slap on a hat

- ▶ Aim for a broad brimmed hat which provides coverage for face, neck and ears which are common spots for skin cancer



##### Seek shade

- ▶ Staying in the shade whenever possible is an effective way to reduce your sun exposure.



##### Slide on some sunglasses

- ▶ Sunglasses and a broad brimmed hat worn together can reduce UV radiation exposure to the eyes by 98%. Wear Australian Standard (AS 1067) sunglasses outside during daylight hours.

If you have a lesion or cut that doesn't heal, or a mole that has suddenly appeared, changed in size, thickness, shape and/or colour, see your doctor immediately.