

Sun Safety



Being outside and staying active is important for a healthy lifestyle. BUT whenever we are outside we must always remember to protect ourselves from the sun!

Ultraviolet (UV) light from the sun can cause skin cancer if skin is not adequately protected. There are three types of UV light.

- UVA (contributes to premature ageing and wrinkling)
- UVB (major cause of skin cancers, sunburn and cataracts)
- UVC (Absorbed into the atmosphere and does not reach the Earth's surface)

Pre Excursion Discussions

1) Australia has one of the highest rates of skin cancer in the world. Why do you think sun exposure is a health issue for young people?

2) Why do you think Australia has a high rate of skin cancer?

3) How many ways can you think of to protect yourself from the sun?

SLIP SLOP SLAP

Sun Protection at Jamberoo Action Park

1) Jamberoo has Health and Safety policies in place to protect its staff members from the sun and reduce the risk of skin cancer. As you walk around the park, list some different ways in which Jamberoo staff protect themselves from the sun.

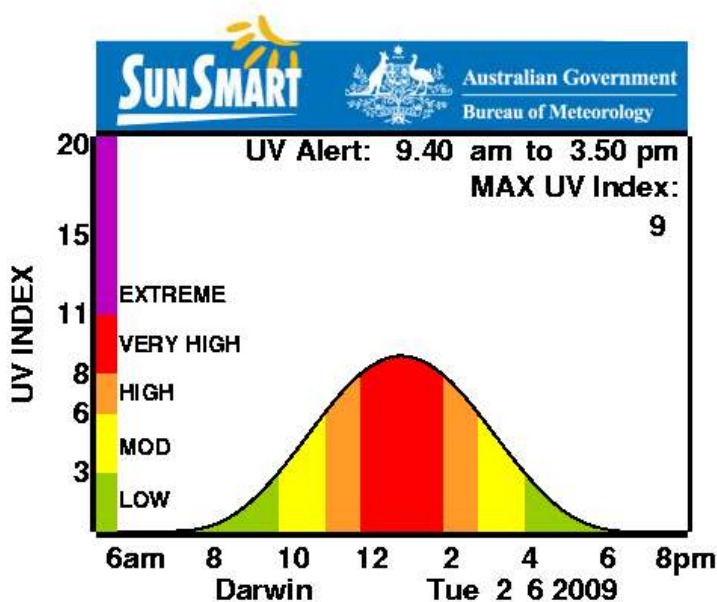
2) What does your school do to help protect students from exposure to the sun?

3) What sort of facilities and equipment is provided at Jamberoo to help guests to protect themselves from the sun?

Post Excursion Exercise

In a small group, design a poster or brochure to help promote sun safety at Jamberoo. Think of the key ideas you would like included and the messages you want to get across.

The below is a graph issued by the Australian Bureau of Meteorology showing when UV rays are at their most extreme throughout the day.



UV Index

- 11+ Extreme
- 8, 9, 10 Very High
- 6, 7 High
- 3, 4, 5 Moderate
- 1, 2 Low

Protect Yourself in 5 Ways

- Slip on sun-protective clothing
- Slap on SPF30+ sunscreen. Reapply every two hours
- Slap on a broad-brimmed hat
- Seek shade
- Slide on wrap-around sunglasses

Sun protection is generally not needed unless outside for extended periods

According to the graph, when should you be extra careful with your sun protection?
