

# Fun in the sun.

## Sun Safety.



### Why is sun safety important to you?

Australia is known for its hot sunny days which make the beach even more enjoyable. However, the hot sun means there is increased exposure to the heat and the sun's rays (UV rays). Lifeguards and lifesavers treat dehydrated persons almost every day during summer and getting sun burnt is far too common, which may have serious immediate results and later on in life.

### Why is getting sunburnt bad?

Ongoing over-exposure to the sun without proper protection can have immediate results such as soreness of your skin, becoming too hot and feeling sick. A common long term result is skin cancer. In fact, Australia has the highest per person rate of skin cancer (melanomas) in the world!

### What is dehydration?

The heat created by the sun can affect you in a number of ways. It can cause your body temperature to rise and lose fluids by sweating. If you are not mindful of this you can become dehydrated, which essentially means you become too hot and do not have enough fluids in your body. Headaches and fatigue are common symptoms of dehydration.



### How can you be sun safe?

To avoid sunburn and dehydration while you enjoy a day outside, follow these simple steps:

#### SLIP

Slip on a long sleeve shirt to get the best protection from the sun's rays

#### SLOP

Slop on some SPF30+ sunscreen at least 15 minutes before you go out in the sun and then don't forget to reapply every two hours after that

#### SLAP

Slap on a hat, a wide-brim hat will provide the best protection to your head and face

#### SEEK

Seek some shade, particularly between the hours of 10am and 3pm when the sun is at its hottest

#### SLIDE

Slide on a pair of UV rated sunglasses

#### SLURP

Drink plenty of water in moderation and avoid fizzy and alcoholic drinks that will dehydrate you.

To enjoy the beach safely, remember:

# FLAGS

**F**  
Find the red and yellow flags and swim between them.

**L**  
Look at, understand and obey the safety signs.

**A**  
Ask a lifeguard or lifesaver for advice before you enter the water.

**G**  
Get a friend to swim with you.

**S**  
Stick your hand up, stay calm and call for help if you get into trouble.

