

BEACH SAFETY – SUN SAFETY



The Australian summer is synonymous with long, hot and sunny days. This means there is an increased exposure to the heat and potentially-dangerous UV rays. To enjoy the beach it is important that you follow a number of simple steps when it comes to sun safety.

SLIP ON PROTECTIVE CLOTHING

Slip on protective clothing that covers as much of your body as possible. If you're swimming a Lycra long sleeve shirt can protect you from the sun.



SLOP ON SUNSCREEN

Slop on sunscreen that is SPF30 or higher. Apply to your skin at least 20 mins before leaving the house. Ensure it's waters resistance and reapply every 2 hours.



SLAP ON A HAT

Slap on a hat, ideally a wide brimmed hat that covers your face, nose, neck and ears.



SEEK SHADE

Seek shade! This can be under a sun tent, a tree or other cover from the sun. If there is no shade, take breaks from the sun and avoid the sun during the highest UV rated times of the day.



SLIDE ON SUNGLASSES

Slide on some sunglasses that meet the Australian standards.

