

8 Sun Protection

People of all skin types and of all ages need to protect their skin from the sun to reduce the risk of skin cancer. For best protection from the sun, a combination of sun protection measures is recommended.

Shade

Shade is one of the most effective ways to protect against the sun's UV rays. If the weather is sunny, try to walk in the shade as much as possible.

Clothing

Clothing provides a barrier between UV rays and the skin. However, as clothing doesn't cover all your skin, remember to wear a hat and apply sunscreen to exposed areas.

When choosing sun protective clothing look for:

- Clothing made of fabric rated above UPF 30
- Loose fitting garments (also allow for air circulation)
- Tops with collars and at least elbow length sleeves
- Long trousers or skirts; shorts at least knee length
- Close weave fabric, which will restrict penetration of UV rays
- Lightweight fabrics, such as linen, cotton or hemp, which will keep you cool



Hats

A well designed hat can substantially reduce the amount of ultraviolet (UV) radiation reaching the face, neck, ears and head.

When buying sun-protective hats, look for:

- A style that provides adequate shade
- Closely woven weave material. If you can see through the hat material, the UV rays will also get through!
- Hats that do not obscure vision or pose a safety concern
- Good ventilation, especially if the hat is to be used while exercising

Sunglasses

UV rays can also damage eyes. Sunglasses reduce the amount of UV radiation that reaches the eyes. Close fitting, wrap around styles prevent UV rays from entering through the sides and top of sunglasses.



Sunscreen

It is important not to rely on sunscreen as the only form of sun protection. No sunscreen offers 100% protection from UV radiation, however sunscreen does filter out most UV radiation before it reaches the skin.

Acknowledgement

This information has been sourced from Sunsmart Victoria - The Cancer Council Victoria. See Fact Sheet 11 for details.