

Sport Safe

Sun Smart

Smoke Free

Drug Free

Healthy Eating

Drink Safe

# SunSmart Sport

## Australia has the highest rate of skin cancer in the world.

This is largely due to our climate, the fact that many of us have fair skin that is not suited to such harsh conditions, our proximity to the equator and our love of the great outdoors.

Skin cancer is largely preventable. Protect yourself against sun damage and skin cancer by using a combination of these five steps:

### Slip

on sun-protective clothing that covers as much skin as possible as well as protection when in the water.

### Slop

on SPF 30+ sunscreen – make sure it is broad spectrum and water-resistant. Apply sunscreen liberally to clean, dry skin at least at least 20 minutes before you go outdoors and reapply every two hours.

### Slap

on a hat that protects your face, head, neck and ears. Broad brimmed, legionnaire or bucket style hats provide the best protection.

### Seek

shade – make use of natural and built shade or bring own.

### Slide

on sunglasses together with a broad brimmed hat. This can reduce UV radiation exposure by up to 98 percent. Choose close-fitting wrap-around sunglasses that meet the Australian Standard.

Extra care should be taken between **10am to 3pm** when UV index levels reach their peak. The SunSmart UV alerts can be found on the weather page of most daily newspapers.

Check your skin regularly and see your doctor if you notice any unusual changes to you skin. Acting quickly on any unusual changes to your skin will increase the successfulness of skin cancer treatments.

**So next time you're playing, officiating or watching outdoor sport Be Sunsmart and reduce your risk of skin damage and skin cancer.**



For more information:  
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