

QUESTIONS	ANSWERS
1. What does UV stand for? Can you see or feel it?	ULTRAVIOLET – no, you can't see or feel ultraviolet radiation
2. What are the three types of radiation that make up sunlight?	Sunlight is made up of different types of radiation: <ul style="list-style-type: none"> ▪ visible light, which we see ▪ infrared radiation or heat, which makes us feel warm ▪ ultraviolet (UV) radiation, which cannot be seen or felt.
3. In Victoria, what months of the year do we need to protect our skin from ultraviolet radiation?	From the beginning of September until the end of April.
4. What tells us the UV Index levels and when we need to use sun protection?	SunSmart UV Alert
5. What does UVA radiation do?	UVA can make skin look older and cause skin cancer
6. At what time of the day do UV radiation levels reach their highest levels?	10am – 2pm (11am – 3pm daylight saving time)
7. How many layers make up the skin?	It is made up of two layers— the <i>epidermis</i> (outer layer) and the <i>dermis</i> (inner layer).
8. What does UVB radiation do?	UVB causes sunburn and skin cancer
9. What is skin cancer?	Skin cancer is a disease of the body's skin cells. It is caused by too much ultraviolet radiation from the sun.
10. What is the temperature on the surface of the sun?	The sun's surface (outside layer) is about 6000 degrees celsius!
11. At what UV Index level do we need to start using sun protection?	Whenever the UV Index level reaches 3 and above, we need to use sun protection.
12. What are the five ways to be SunSmart?	<ol style="list-style-type: none"> 1. Use shade 2. Wear sun protective clothing 3. Wear a sun protective hat 4. Wear wrap-around sunglasses 5. Apply SPF 30+ broad spectrum sunscreen
13. What is the largest organ in the body?	The skin
14. How many SunSmart schools are there in Victoria?	There are just over 1600 SunSmart schools in Victoria
15. How often are new skin cells made?	New skin cells are made each day.
16. What is sunburn?	Sunburn is a sign of skin damage



SUNSMART WEB WORK



Shade

Teacher's Notes:

Try to use shade whenever possible. Even while in the shade, UV radiation can reflect from surfaces such as water, sand and concrete so it is important that children continue to wear a hat, appropriate clothing and sunscreen.

The best types of shade have extensive overhead or side cover and are away from highly reflective surfaces. The shaded area should also be an inviting space so students will want to use it.

1. 75% of what can be reduced by using shade?

A: Shade can reduce overall exposure to the sun's harmful UV radiation by about 75%

2. What are the three types of shade?

A: Natural shade, portable shade, built shade

3. What does UPF stand for?

A: Ultraviolet Protection Factor

4. What is the best Ultraviolet Protection Factor (UPF) rating?

A: UPF 50

5. What are three surfaces that can reflect UV radiation?

A: It can reflect from surfaces such as sand, water and concrete.

6. What are the advantages of 'built shade'?

A: ~ the shade they cast is more predictable
~ they can also provide cover from the rain
~ some types can be erected quickly

7. What are two examples of portable shade?

A: Umbrellas and sun domes

8. What is the general rule for the best tree shade?

A: Trees with a dense canopy (few gaps) and closer to the ground provide better protection from UV radiation.

9. What percentage of UV radiation is absorbed by material that has a rating of UPF20?

A: 95% - protection category = good

10. If using shade, do you still need to use other forms of sun protection?

A: Yes, you still need to wear sun protective clothing, hat, sunscreen and sunglasses because UV radiation can still reach you even in the shade



SUNSMART WEB WORK

Clothing

Teacher's Notes:

SunSmart recommends loose fitting, close weave clothing that covers as much skin as possible be worn during outside activities. A school uniform or dress code should include tops with elbow length sleeves, and if possible, collars, and knee length or longer style shorts and skirts.

Garments especially designed for sun protection will carry a UPF (ultraviolet protection factor) level on their tags. The higher the number, the greater the protection from UV radiation. Fabric rated above UPF 30 provides very good protection.

1. What does protective clothing do?

A: Protective clothing protects the skin from ultraviolet (UV) radiation by creating a barrier between the skin and the sun.

2. How does tension affect the fabric?

A: Stretching a fabric may decrease its Ultraviolet Protection Factor (UPF) rating.

3. What can repeated washing of clothes do to the fabric?

A: Repeated washing can increase the UPF of clothes, especially cotton, by shrinking gaps in the weave.

4. What is the highest level of protection in clothing?

A: UPF 50 – 98% protection = excellent

5. Describe the best types of tops to wear.

A: It is best to wear tops with collars and at least elbow length sleeves

6. What does AS/ NZS stand for?

A: Australian/New Zealand Standard

7. What colour fabrics offer the best protection?

A: If you have two versions of the same top with the same type of fabric but one is a dark colour and the other a light colour, the darker colour generally offers more protection than a lighter colour.

8. What happens to the UPF rating when clothing is wet?

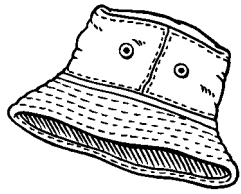
A: It is lower.

9. What types of fabrics will keep you cool?

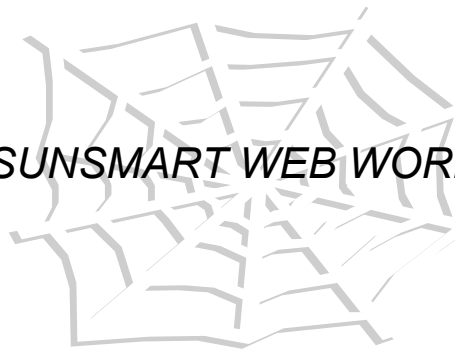
A: Lightweight fabrics, such as linen, cotton or hemp, which will keep you cool.

10. What weave of fabric is better?

A: Close weave fabric



SUNSMART WEB WORK



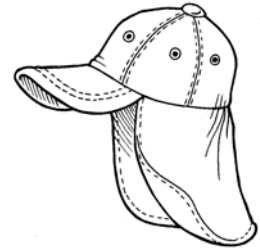
Hats

Teacher's Notes:

To protect the neck, ears, temples, face and nose, students should wear a broad-brimmed, legionnaire or bucket hat.

- Broad brimmed hats should have a brim of at least 7.5 cm.
- A legionnaire hat should have the front peak and the long, back flap meet at the sides to protect the side of the face, neck and ears.
- Bucket hats should have a deep crown and a brim of at least 6 cm.

Baseball caps and visors offer little protection to the cheeks, ears and neck and are therefore not recommended.



1. What three types of hats are recommended?

A: Broad-brimmed, legionnaire or bucket hats.

2. What type of weave is best for hats?

A: close weave

3. What parts of the body are common for skin cancers and skin damage?

A: Common sites of skin damage and skin cancer are the neck, ears, temples, lips, face and nose.

4. What type of hat is not recommended?

A: baseball cap

5. What brim size should a primary school bucket hat have?

A: 6cm

6. What four areas of the body are protected by hats?

A: The face, neck, ears and head

7. Which hat has a recommended brim of at least 7.5 cm?

A: Broad-brimmed hats.

8. What does UV stand for?

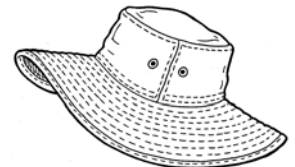
A: Ultraviolet.

9. Will a hat block out all UV radiation?

A: No – you still need to use sunscreen, clothing, shade and sunglasses.

10. If exercising with a hat on, what does your hat need to have?

A: Good ventilation.





SUNSMART WEB WORK

Sunglasses

Teacher's Notes:

Eyes can be damaged by exposure to UV radiation. SunSmart suggests, where practical, students wear close fitting, wrap around sunglasses that cover as much of the eye area as possible. The sunglasses should meet Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and preferably be marked EPF (eye protection factor) 10. There are also swimming goggles with EPF 10.

The colour or darkness of the lenses doesn't indicate the level of sun protection and it is always important to check the label. Sunglasses that are also polarised help reduce glare.

If a school prefers not to introduce the wearing of sunglasses, or a student is reluctant to wear them, eyes can still be protected by avoiding peak UV times, wearing a hat and staying in the shade.

1. What is photokeratopathy?

A: sunburn of the cornea

2. Describe the best type of sunglasses to wear.

A: Close fitting, wrap around styles

3. What does EPF stand for?

A: Eye Protection Factor

4. What are cataracts?

A: cloudiness of the eye's lens

5. What is cloudiness of the cornea?

A: solar keratopathy

6. What are three short-term complaints someone may have if they don't wear sunglasses?

A: Short-term complaints include excessive blinking, swelling or difficulty looking at strong light.

7. What is the conjunctiva?

A: The membrane covering the white part of the eye

8. Where on the sunglasses does it tell you the Australian Standards?

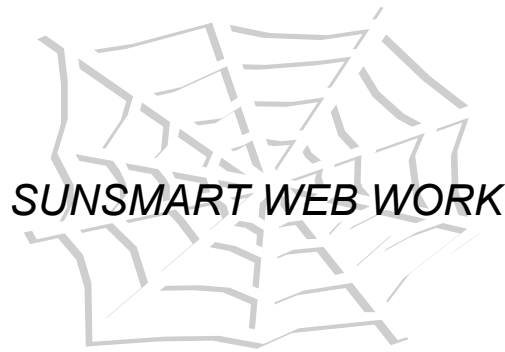
A: On the label / swing tag.

9. What is the best EPF rating for sunglasses?

A: EPF 10

10. What code do you look for on the best sunglasses?

A: AS/NZS 1067:2003 / EPF 10



Sunscreen

Teacher's Notes:

To be effective, students should apply SPF 30+ broad-spectrum, water-resistant sunscreen 20 minutes before going outside and they should reapply it every two hours. Sunscreen screens out UV radiation but does not completely block it out so some UV radiation still reaches the skin. Sunscreen should never be the only method of sun protection a school promotes nor should it be used to keep students out in the sun longer. A school should always check the sunscreen's expiry date.

1. *What do the ingredients in sunscreen do?*

A: The ingredients in sunscreen absorb UV radiation and can also scatter or reflect UV radiation away from the body, depending on the type.

2. *What does UV stand for?*

A: Ultraviolet

3. *How often should sunscreen be re-applied?*

A: Every two hours or more often if swimming or sweating a lot.

4. *What sunscreen filters 100% of UV radiation?*

A: NO sunscreen completely blocks the sun's UV radiation.

5. *What are the three types of sunscreen available?*

A: Creams, lotions or gels.

6. *How much sunscreen should an adult apply?*

A: Adults should use about a teaspoon for each limb and ½ teaspoon for the face, ears and neck.

7. *What does SPF stand for?*

A: Sun Protection Factor.

8. *How long before you go outside should you apply sunscreen?*

A: Twenty minutes before going outdoors.

9. *Describe the best type of sunscreen.*

A: SPF 30+ broad spectrum, water resistant sunscreen.

10. *How much UV radiation is filtered out by SPF 30+ sunscreen?*

A: About 96% of UV radiation.