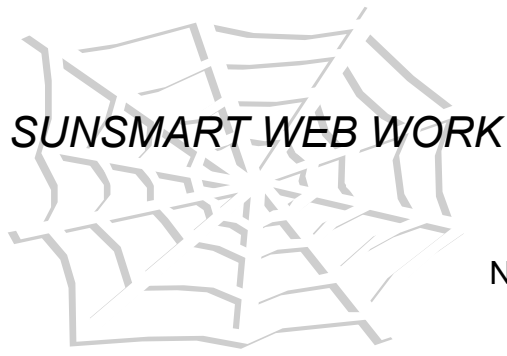


1. Go to the SunSmart homepage > www.sunsmart.com.au
2. Click on 'Schools and Students' > go to > 'Resources for students' > 'Primary students'
3. Read the page.
4. Use the information on the web page, to answer the questions below.

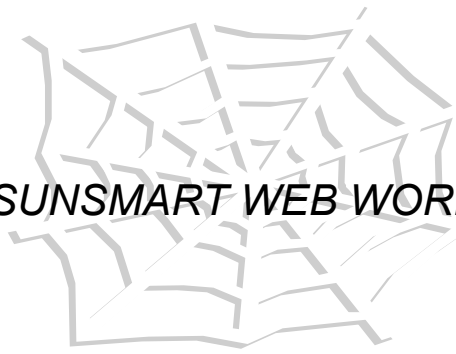


Name: _____

QUESTIONS	ANSWERS
1. What does UV stand for? Can you see or feel it?	
2. What are the three types of radiation that make up sunlight?	
3. In Victoria, what months of the year do we need to protect our skin from ultraviolet radiation?	
4. What tells us the UV Index levels and when we need to use sun protection?	
5. What does UVA radiation do?	
6. At what time of the day do UV radiation levels reach their highest levels?	
7. How many layers make up the skin?	
8. What does UVB radiation do?	
9. What is skin cancer?	
10. What is the temperature on the surface of the sun?	
11. At what UV Index level do we need to start using sun protection?	
12. What are the five ways to be SunSmart?	1. 2. 3. 4. 5.
13. What is the largest organ in the body?	
14. How many SunSmart schools are there in Victoria?	
15. How often are new skin cells made?	
16. What is sunburn?	



SUNSMART WEB WORK



Shade

1. Go to the SunSmart homepage at www.sunsmart.com.au
2. Click on 'Sun protection' > go to > 'Shade'
3. Read the web page
4. Answer the following questions

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

A: _____

2. What are the three types of shade?

A: _____

3. What does UPF stand for?

A: _____

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

A: _____

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

A: _____

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

A: _____

7. What are two examples of portable shade?

A: _____

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

A: _____

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

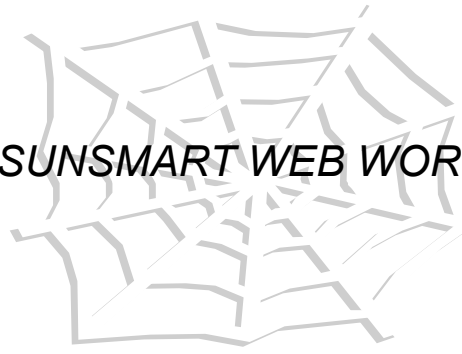
A: _____

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

A: _____



SUNSMART WEB WORK



Clothing

1. Go to the SunSmart homepage at www.sunsmart.com.au
2. Click on 'Sun protection' > go to > 'Clothing'
3. Read the web page
4. Answer the following questions

1. ***What does protective clothing do?***

A: _____

2. ***How does tension affect the fabric?***

A: _____

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

A: _____

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

A: _____

5. ***Describe the best types of tops to wear.***

A: _____

6. ***What does AS/ NZS stand for?***

A: _____

7. ***What colour fabrics offer the best protection?***

A: _____

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

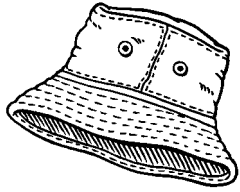
A: _____

9. ***What types of fabrics will keep you cool?***

A: _____

10. ***What weave of fabric is better?***

A: _____

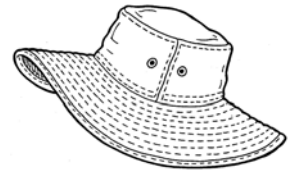
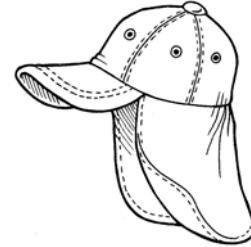


SUNSMART WEB WORK



Hats

1. Go to the SunSmart homepage at www.sunsmart.com.au
2. Click on 'Sun protection' > go to > 'Hats'
3. Read the web page
4. Answer the following questions



1. What three types of hats are recommended?

A: _____

2. What type of weave is best for hats?

A: _____

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

A: _____

4. What type of hat is not recommended?

A: _____

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

A: _____

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

A: _____

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

A: _____

8. What does UV stand for?

A: _____

9. Will a hat block out all UV radiation?

A: _____

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

A: _____



SUNSMART WEB WORK



Sunglasses

1. Go to the SunSmart homepage at www.sunsmart.com.au
2. Click on 'Sun protection' > go to > 'Sunglasses'
3. Read the web page
4. Answer the following questions

1. ***What is photokeratopathy?***

A: _____

2. ***Describe the best type of sunglasses to wear.***

A: _____

3. ***What does EPF stand for?***

A: _____

4. ***What are cataracts?***

A: _____

5. ***What is cloudiness of the cornea?***

A: _____

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

A: _____

7. ***What is the conjunctiva?***

A: _____

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

A: _____

9. ***What is the best EPF rating for sunglasses?***

A: _____

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

A: _____



SUNSMART WEB WORK



Sunscreen

1. Go to the SunSmart homepage at www.sunsmart.com.au
2. Click on 'Sun protection' > go to > 'Sunscreen'
3. Read the web page
4. Answer the following questions

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

A: _____

2. ***What does UV stand for?***

A: _____

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

A: _____

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

A: _____

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

A: _____

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

A: _____

7. ***What does SPF stand for?***

A: _____

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

A: _____

9. ***Describe the best type of sunscreen.***

A: _____

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

A: _____