

# FACT SHEET 4

# SUN SAFETY



IN AUSTRALIA, WHEN GOING TO THE BEACH OR INTO THE 'GREAT OUTDOORS,' THERE IS THE NEED TO BE SUN SAFE.

Too much exposure to the sun can cause serious damage to your skin. Whenever you are going in the sun, take adequate precautions. By following the simple steps of Slip, Slop, Slap, Slide and Seek (outlined below), you can enjoy the beach and outdoors safely.

## SLIP

Slip on a shirt. Long sleeve shirts will provide the best protection against the ultra violet (UV) rays.

## SLOP

Slop on the sunscreen, at least 15 minutes before going into the sun. For the best protection, use 15+ or 30+ sunscreen and be sure to reapply every two hours or after swimming.

## SLAP

Slap on a hat. Wide brim hats are the best as they cover your head and provide shade to your face.

## SLIDE

Slide on a pair of UV protective sunglasses.

## SEEK

Seek some shade. Protective tents are becoming more popular, but take care to ground them properly so they don't fly away at the beach and cause injury to other beach visitors.

Tip: take extra care between 10am and 3pm when UV levels are highest.

## SUN SAFETY FOR SURF LIFESAVERS

Surf lifesavers encourage sun safety practices. Our surf lifesavers no longer stand on

the beach for hours wearing only their togs! Today our surf lifesavers must wear a SPF50 long sleeved shirt and peak cap, as well as stand under protective shelters and covered towers when patrolling our beaches.

## DEHYDRATION

When visiting the beach or staying out in the sun for extended periods, ensure that you drink plenty of water. Even if you are in the water, you can still dehydrate. You should also avoid alcohol and carbonated drinks as they make you more dehydrated.

For more information on any other matter relating to aquatic safety, contact:

**Surf Life Saving Australia**  
02.9300.4000 or  
slsa.com.au

**Surf Life Saving NSW**  
(02) 9984 7188 or  
surflifesaving.com.au

**Surf Life Saving QLD**  
(07) 3846 8000 or  
lifesaving.com.au

**Life Saving Victoria**  
(03) 9676 6900 or  
lifesavingvictoria.com.au

**Surf Life Saving SA**  
(08) 8354 6900 or  
surfrescue.com.au

**Surf Life Saving WA**  
(08) 9243 9444 or  
mybeach.com.au

**Surf Life Saving TAS**  
(03) 6223 5555 or  
slst.asn.au

**Surf Life Saving NT**  
(08) 8985 6588 or  
lifesavingnt.com.au

Or contact your local surf life saving club.

