

When is sun protection needed in Tasmania?

From September to April

For the general population, sun protection is required when UV levels reach 3 and above which usually occurs from the beginning of September through to the end of April. This means using a combination of sun protection measures such as shade, clothing, hats, sunglasses and sunscreen between these months.

From May to August

When UV levels are below 3, sun protection is not generally required unless in alpine regions, near highly reflective surfaces such as snow or outdoors for extended periods.

Those who work outdoors require year-round sun protection as they receive greater amounts of UV.

For more information visit cancertas.org.au/prevent-cancer/sunsmart



Be SunSmart with the free SunSmart app available at the App Store and Google Play



Cancer Council Tasmania's mission is to minimise the incidence and impact of cancer on Tasmanians. We provide support services for Tasmanians impacted by cancer, funding for research and raise awareness of cancer prevention.

Want to know more?

Contact us today on 1300 65 65 85, infotas@cancertas.org.au or visit cancertas.org.au

SOUTH 15 Princes St, Sandy Bay

NORTH 69 Howick St, Launceston

NORTH WEST Suite 2/45 Best St, Devonport

Privacy is important to us and we treat your information with respect, integrity and honesty in keeping with our core values and as governed by the Privacy Act. Information you provide will be used to process your donation and keep you informed on how your support is making a difference.

Information in this brochure is correct at time of printing.



Being SunSmart in Tasmania



Being SunSmart

The sun's ultraviolet radiation (UV) is the major cause of skin cancer. When the UV is 3 and above, take these five steps to protect against skin damage:



Slip on sun protective clothing

that covers as much skin as possible. Long pants and shirts with a collar and long sleeves are best. Choose lightweight, closely woven material with an ultraviolet protection factor (UPF) of 50+.



Slop on SPF 30+ (or greater) broad spectrum water resistant sunscreen

Apply to clean dry skin 20 minutes before you go outside and re-apply every two hours (more often when swimming or sweating). Apply 1 teaspoon of sunscreen per limb and another teaspoon for the face, ears and neck. Sunscreen should be your last line of defence and stored in a cool dark place with the expiry date monitored.



Slap on a hat

that shades your face, neck and ears. Broad brimmed, bucket or legionnaire hats are best.



Seek shade

Staying in the shade is one of the best ways to reduce sun exposure. Make sure trees, shade structures or portable shade casts a dark shadow.



Slide on sunglasses

close fitting, wraparound style sunglasses that meet the Australian Standard (AS/NZ 1067) are recommended.

Skin cancer

Australia has one of the highest rates of skin cancer in the world. At least two in three Australians will develop skin cancer before the age of 70. Both tanning and sunburn increase your risk of skin cancer.

UV, not heat, is what to beat

UV is an invisible source of radiation that cannot be seen or felt. Unlike light that we can see and infrared radiation that we can feel, UV can damage your skin without realising.

It can damage skin even on cool, cloudy days as it can be strong enough to damage unprotected skin and eyes.

UV can be scattered in the air and reflected by buildings, concrete, sand, snow and water.

UV levels are highest during the middle of the day.

Check the daily sun protection times:

- on the free **SunSmart app**
- online at **cancertas.org.au**
- **bom.gov.au/weather/uv**
- **myuv.com.au**
- in the weather section of **newspapers**