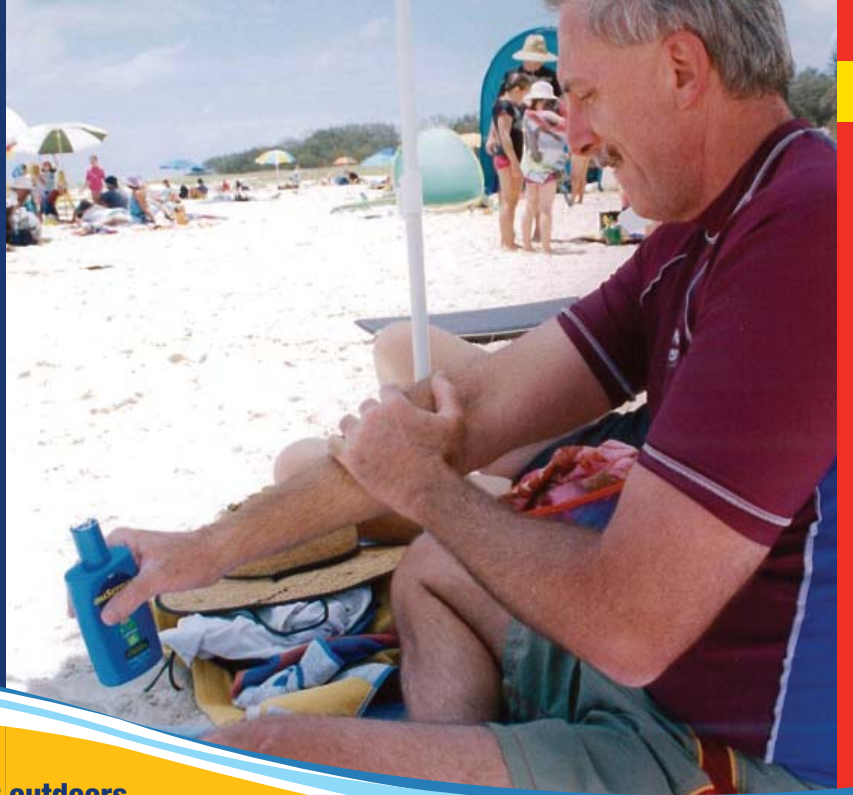


SUN SAFE

at the BEACH



FACTSHEET NO. 13

When going to the beach or the great outdoors

in Australia 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.

SLIP, SLOP, SLAP AND WRAP

- Slip on a shirt. (preferably a long sleeve shirt).
- Slop on the sunscreen. (15/30+ and reapply as needed, especially after swimming)
- Slap on a hat.
- Wrap some UV protective sunglasses around your eyes.

It's also a good idea to avoid direct exposure to the sun during the hottest part of the day – between the hours of 10am and 2pm. Try to take advantage of shade when possible. Protective tents are also becoming more and more popular, like umbrellas. But take care to ground them properly so they don't fly away at the beach and cause injury to other beach visitors.

For further information please contact Surf Life Saving Queensland on (07) 3846 8000



The life of the beach.
www.lifesaving.com.au

DEHYDRATION

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

SUN SAFETY FOR SURF LIFESAVERS

Surf lifesavers encourage sun safety practices. Our lifesavers no longer stand on the beach for hours wearing only their togs! Today our lifesavers must wear a SPF50 long sleeved shirt and peak cap on patrol, as well as stand under protective shelters and covered towers when patrolling our beaches.

Stick your hand up for help.

S

Get a friend to swim with you.

G

Ask a lifesaver for some good advice.

A

Look at the safety signs.

L

Find the flags and swim between them.

F

IF WE CAN'T SEE YOU, WE CAN'T SAVE YOU
PLEASE SWIM BETWEEN THE FLAGS