

SunSmart at Riverside High School

Welcome back to term 4

Since the start of September Riverside High School has implemented our SunSmart measures. In Tasmania, the UV is now 3 and above (at skin-damaging levels) so sun protection is needed until the end of April. You can download the free SunSmart app to check the sun protection times daily but at Riverside High due to our phones off and away policy also have our sun protection signs...

Today's sun protection times



If you don't have access to the app,
(remember phones off and away all day)
the UV is always highest during the middle
part of the day between ...

Date Today

from 9:30 am to 4 pm

*These are recommended
times via SunSmart app.

Protect yourself in five
ways from skin cancer



Slip



Slop



Slap



Seek



Slide

Daily sun protection times (issued when the UV index is forecast to be 3 and above)
can be found on the SunSmart app, online at sunsmart.com.au or in daily newspapers.

To protect ourselves from the damaging UV radiation we can take these 5 simple steps:

Protect yourself in **five ways** from skin cancer



SLIP



SLOP



SLAP



SEEK



SLIDE

- **Slip:** on clothing that covers as much skin as possible.
- **Slop:** on sunscreen (SPF50+ recommended) at least 20 minutes before going outdoors **and** reapplying at least every 2 hours.
- **Slap:** on a hat that protects your face, neck and ears (Riverside High clothing shop have these).
- **Seek** shade: especially in the middle of the day during peak UV.
- **Slide:** on sunglasses that are close-fitting, wrap-around and polarised (worn outside only).

Cheers for now,
Nurse Nige

