



WELLNESS WORKS....

at Brain Injury Community Re-entry (Niagara) Inc.

A Publication from Brain Injury Community Re-entry Niagara's Wellness Works Committee

June 2011

Sun Protection



Enjoy the sun, but enjoy it safely

with kind permission from the Cancer Council of Victoria, Australia

Simple precautions in the sun

The rise in the incidence of skin cancers over the past decades is strongly related to increasingly popular outdoor activities and recreational exposure. Overexposure to sunlight is widely accepted as the underlying cause for harmful effects on the skin, eye and immune system. Experts believe that four out of five cases of skin cancer could be prevented, as UV damage is mostly avoidable.

Adopting the following simple precautions, adapted from the Sun Wise School Program can make all the difference. Shade, clothing and hats provide the best protection – applying sunscreen becomes necessary on those parts of the body that remain exposed like the face and hands. Sunscreen should never be used to prolong the duration of sun exposure.

- **Limit time in the midday sun**

The sun's UV rays are the strongest between 10 a.m. and 4 p.m. To the extent possible, limit exposure to the sun during these hours.

- **Watch for the UV index**

This important resource helps you plan your outdoor activities in ways that prevent overexposure to the sun's rays. While you should always take precautions against overexposure, take special care to adopt sun safety practices when the UV Index predicts exposure levels of moderate or above.

- **Use shade wisely**

Seek shade when UV rays are the most intense, but keep in mind that shade structures such as trees, umbrellas or canopies do not offer complete sun protection. Remember the shadow rule: "Watch your shadow – Short shadow, seek shade!"

- **Wear protective clothing**

A hat with a wide brim offers good sun protection for your eyes, ears, face, and the back or your neck. Sunglasses that provide 99 to 100 percent UV-A and UV-B protection will greatly reduce eye damage from sun exposure. Tightly woven, loose fitting clothes will provide additional protection from the sun.

- **Use sunscreen**

Apply a broad-spectrum sunscreen of SPF 15+ liberally and re-apply every two hours, or after working, swimming, playing or exercising outdoors.

- **Avoid sunlamps and tanning parlours**

Sunbeds damage the skin and unprotected eyes and are best avoided entirely



WELLNESS WORKS...

at Brain Injury Community Re-entry (Niagara) Inc.

6 Simple Rules for Sun Care

Make sure you're wearing enough sunscreen. An amount the size of a quarter will not cover your body. An average woman (5' 4" tall and 130 pounds) needs a shot glass full of sunscreen for full coverage.

One bottle should only last you four to six full-body applications. If you live outdoors in the summer, be prepared to buy a couple bottles each month.

Sunscreen ingredients break down over time. Check the expiration date on the bottle and throw away anything old. You won't get full coverage from an expired product, so you could burn when using one.

SPF 15 in a foundation or tinted moisturizer is not enough to protect you when lounging at the beach. Those products are only perfect for day-to-day activities like work or shopping.

Pick the right lotion for your activity. If you're sailing or swimming, apply a waterproof lotion. They are effective for about 80 minutes. Water-resistant formulas that last 40 minutes are good for light sports or playing with the kids by the pool.

Some skincare products can make your skin extra sensitive to the sun, which could lead to burning. Avoid those skincare products that contain retinol and vitamin C, scrub-type exfoliants and fragrances

