



# Please do not print me!

Remember to print from page 2 to avoid wasting paper and ink.  
If you do find me, then visit [twinkl.co.uk](https://www.twinkl.co.uk) to find out why **millions of educators** worldwide love twinkl.

## A brief word about copyright...

By downloading this resource, you agree to the following:



You may use this resource for personal and/or classroom use only.

In order to support us, we ask that you always acknowledge [www.twinkl.co.uk](https://www.twinkl.co.uk) as the source of the resource. **If you love these resources, why not let others know about Twinkl?**



You must not reproduce or share this resource with others in any form. They are more than welcome to download the resource directly from us.

You must not host or in any other way share our resources directly with others, without our prior written permission.

We also ask that this product is not used for commercial purposes and also that you do not alter the digital versions of our products in any way.

# Thank you for downloading!

**Twinkl Educational Publishing.** Your first choice for easy to use, trusted and high quality teaching materials for educators and parents worldwide  
- professionally crafted materials with a personal touch.

[twinkl.co.uk](https://www.twinkl.co.uk)

# Safety in the Sun



A little bit of sun is healthy and makes us feel good. However people who lie in sunlight for long periods, trying to achieve the perfect tan are putting themselves in danger. Over exposure to the sun can be fatal. Here are a few tips:



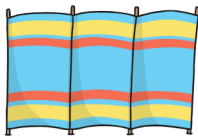
## Wear a Hat

Your head and face are extremely sensitive. When walking around on a sunny day, always wear a hat to keep them shaded.



## Cover Up

Wear a long sleeved t-shirt to help keep you cool and protect your skin from over exposure and burning.



## Seek Shade

The hottest part of the day (between 11am and 2pm) is the most damaging time. Seek shade during these hours.



## Apply Suncream

Use an SPF 15 or higher on exposed skin. Apply generously before going outside and reapply frequently while in the sun and after swimming.

## The Dangers!

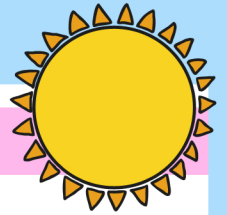
There is no such thing as a healthy tan. Suntanned skin is sun-damaged skin, which could lead to the following:

- Skin cancer;
- Premature ageing;
- Rough, blotchy skin;
- Sunburn;
- Sunstroke



(Skin cancer can be treated if caught early. If you notice something strange, or have a mole, which has changed shape, size or colour, seek medical help straight away)

# UV Rays and Their Effect on Your Skin



## 100mm Wavelength

UVC Rays

Shortest waves, do not penetrate the Earth's ozone layer.

## 290mm Wavelength

Longer waves that reach the skin's surface - can cause surface tanning, burning and signs of ageing.



## 320mm Wavelength

UVA Rays

Even longer waves that can penetrate deep into the skin's surface, releasing free radicals and causing DNA damage; this can result in skin cancer.



## 400mm Wavelength

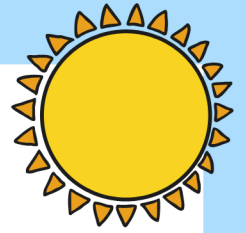
The wavelength of UV (ultraviolet rays) is measured in nanometers or billionths of a metre, abbreviated as nm.

UVC Rays 100nm-290nm, UVB Rays 290nm-320nm, UVA Rays 320nm-400nm

# Be Sun Aware

A

Avoid unprotected UV exposure.



W

Wear sun protective clothing, a hat and sunglasses

A

Apply sunscreen generously and often.

R

Routinely check your skin and report any changes.

E

Educate yourself and others about the dangers of the Sun.



twinkl





# Skin Cancer Awareness

Enjoying time in the sun, at home and on holiday, is a favourite pastime for many, but too much exposure can be very dangerous.

**Melanoma** is the second most common form of cancer for people aged 15-34.

## Cases

37 people every day are diagnosed with skin cancer in the UK.

## Survival

90% of people survive malignant melanoma for 10 or more years.

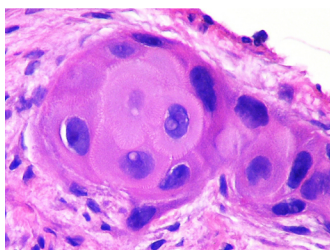
## Deaths

In 2011, there were 2148 deaths from malignant melanoma, in the UK. That's about 6 people per day.

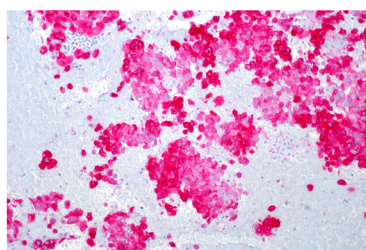
## Prevention

86% of malignant melanoma cases in the UK are preventable.

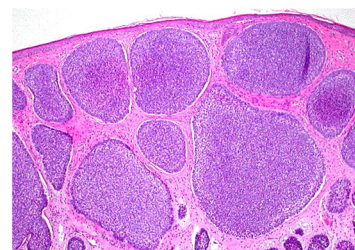
There are 3 main types of skin cancer:



Squamous Cell



Melanoma



Basal Cell

(Melanoma is the least common but most deadly. Causes more than 75% of skin cancer deaths)

90% of skin cancers are the product of UV exposure.

Just one blistering sunburn in childhood increases a person's risk of developing melanoma.

More than 5 sunburns at any age doubles melanoma risk.

