



# BE SUNSMART!

**SKIN CANCER IS THE MOST COMMON CANCER DIAGNOSED IN AUSTRALIA. AND YOU MUST PROTECT YOUR SKIN FROM HARMFUL UV RADIATION AS MUCH AS POSSIBLE - BE SUNSMART!**

For the best protection, you will need to use all seven SunSmart steps:

**1. SLIP on covering clothing**

- a. Cover as much skin as possible.

**2. SLOP on SPF 30 (or higher) broad-spectrum, water-resistant sunscreen.**

- a. How much is enough? The average-sized adult will need a teaspoon of sunscreen for their head and neck, each limb and the front and back of the body.
- b. That's about seven teaspoons (35mL) for a full body application.
- c. Re-apply sunscreen every two hours or after swimming or excessive sweating.

**3. SLAP on a hat.**

- a. Broad-brimmed hats are the best.

**4. SEEK shade.**

- a. Hide in the shade as much as you can.

**5. SLIDE on some sunglasses.**

- a. Melanoma of the eyes is a real possibility.
- b. The sun can also damage eyes in other ways.

**6. SELF CHECK**

- a. Don't forget the monthly skin self-check.
- b. Check your skin regularly for any new spots or changes in shape, colour or size of existing spots.

**7. SEEK ADVICE**

- a. If you notice anything unusual, seek professional advice from a dermatologist as soon as possible.
- b. Most skin cancers can be successfully treated if it is found early.
- c. Early detection may save your life!



**CARL**  
CARLINGFORD SPORTS & RECREATION CLUB

