

LIZZIE AND LUKE'S LIFESAIVING LESSON: BE SUNSMART



In Australia, we are so lucky to have so many beautiful beaches but unfortunately, the beach can be dangerous. One ever present danger is the thing that provides us with so many warm days every summer: the sun. Australia has one of the highest rates of skin cancer in the world. Most skin cancers in Australia are caused by exposure to UV radiation in sunlight.

Follow Lizzie and Luke's tips, below, to help minimise sun damage to your skin this summer.

- Avoid the sun when the UV Index is at it's highest. This is usually between 11am and 4pm.
- Wear sun protective clothing.
- Wear a sun hat.
- Apply a water-resistant 30+ sunscreen on your skin. Re-apply every two hours.
- Wear sun-glasses.
- Use a sun shelter i.e. beach umbrella.

Lessons with Lizzie and Luke
aims to help beach goers be better educated in beach safety.

www.lizzieandluke.com