

Be SunSmart

Stay safe in the Sun

Seek shade -
a tree, verandah,
gazebo

Slip into cool,
protective
clothing - like
a longsleeved
shirt

Slap on a hat -
that shades your
face, neck & ears

Slop on some
sunscreen -
SPF30+ and
reapply every
2 hours

Wrap on
sunglasses -
ones that fit
close to your face

The simplest way to
measure UV levels is to
use your shadow -

When your shadow is long
UV is generally lower
and when your shadow is short
UV is probably higher

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CSIR

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