

Sun safety for summer





How to be Sun Safe with Shade Man



Sunscreen must be applied before you go outside in the sun for it to work

Wear sunglasses and don't look directly at the sun

To keep protected you should use all forms of cover including hats, sunglasses, clothing, sunscreen and shade

Wear a hat such as a sun cap like mine to keep your head cool and protected

Don't stay in the sun any longer than 15 minutes without protection

Keep hydrated, especially on very warm days

Always play in the shade

Reapply sunscreen regularly even when using 'once a day' and 'water resistant' sunscreens



For more downloads including a Sun Safe Activity Pack, go to: www.aibc.com.au/uk/shademan



BE SUN SMART

-  Put on a Shirt
-  Put on Sunscreen
-  Wear a Hat
-  Wear Sunglasses
-  Stay in the Shade



SHARE THE SUN SAFE STORY WITH YOUR CHILD



KIDS

BEE SAFE IN THE SUN

-  WEAR A HAT
-  APPLY SUNSCREEN
-  SEEK SHADE
-  PUT ON SUNGLASSES
-  COVER UP YOUR BODY

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