











When to protect yourself from UV.

Ultraviolet (UV) radiation from the sun is a type of energy. We cannot feel or see UV – it is different to heat or temperature. Too much UV can be damaging to your skin and eyes.

The UV level changes depending on the location, time, month and cloud cover. When the UV is 3 or above, protect yourself in five ways – **SLIP, SLOP, SLAP, SEEK** and **SLIDE**.

It is recommended that outdoor workers use sun protection everyday regardless of UV levels.

 UV INDEX 11+ EXTREME	SUN PROTECTION REQUIRED  SLIP  SLOP  SLAP  SEEK  SLIDE
 UV INDEX 8-10 VERY HIGH	
 UV INDEX 6-7 HIGH	
 UV INDEX 3-5 MODERATE	
 UV INDEX 1-2 LOW	
SUN PROTECTION NOT REQUIRED	