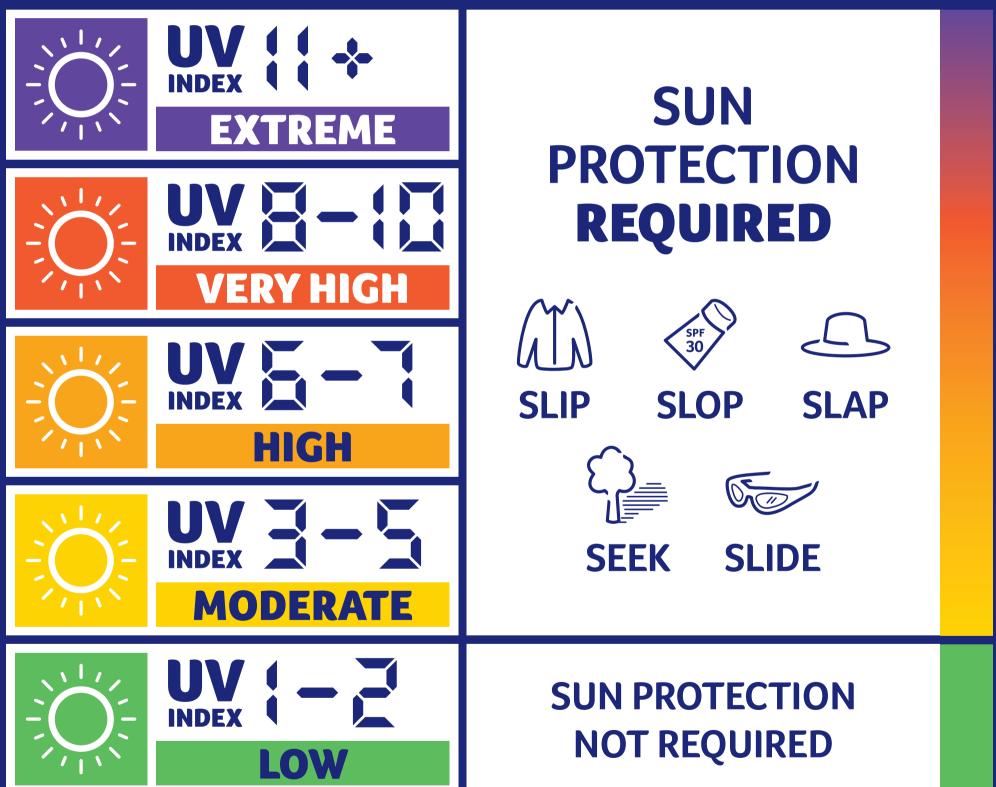
## When to protect yourself from UV.

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.



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