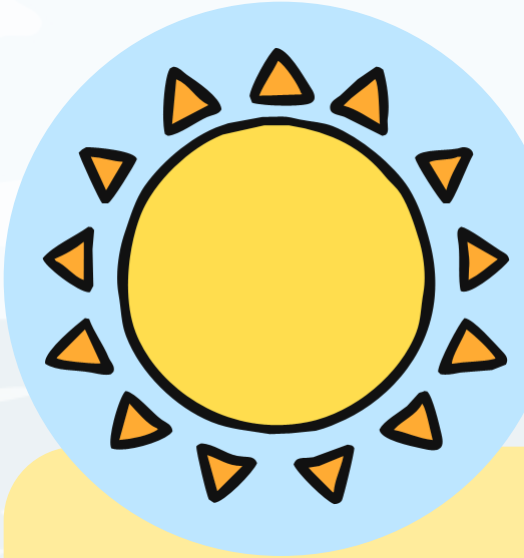


Sun, Sea and Beach Safety



The Sun



The sun has lots of different jobs and makes lots of different energy.

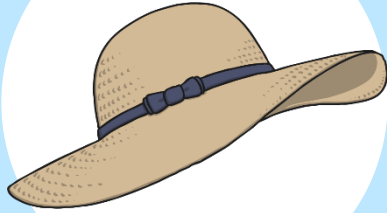
- Invisible infrared radiation, which makes us feel warm.
- Visible light, which we can see.
- Ultraviolet radiation (UV rays), which we can't see or feel on our skin, but can damage it if we get too much of it.

Why Stay Safe in the Sun?

- It's easy to get sunburnt, even when you're not expecting to.
- Just because you can't feel UV rays, doesn't mean that they aren't there.
- Spending too much time in the sun can be harmful.
- You can still burn on a cloudy day!
- Young skin is very delicate and is easily damaged by the sun.



How Can We Stay Safe?



A hat which will shade your face and neck.



Sunglasses can help to protect your eyes from UV rays.



Cover up with a t-shirt to protect your shoulders and upper arms.

- It's very important to protect your skin from getting burnt.
- The sun can damage your eyes!
- Never look up at the sun!

How Can We Stay Safe?



Always wear sun cream.



Drink lots of water to keep hydrated.

You can help to look after your skin by spending time in the shade when the sun is at its strongest - between 11am and 3pm.

Where can you find shade?

You can find shade under trees, canopies, umbrellas, or indoors.



Sun Safety Code

We should all follow a special code, which reminds us how to enjoy the sun, whilst staying safe.

There are five parts to remember...

S
M
A
R
T

Spend time in the shade between 11am and 3pm.

Make sure you never burn.

Aim to cover up with a hat, t-shirt and sunglasses.

Remember children need to take extra care.

Then use sun cream of a minimum of SPF 30.



Lifeguards



- Lifeguards patrol many beaches and save thousands of people every year.
- Shout for help and hold your hand in the air if in trouble.
- Get a lifeguard (or tell an adult if there isn't a lifeguard) if you ever see someone else in trouble.
- The lifeguards will help you and you can see them on the beaches or at swimming pools.

Sun, Sea and Beach Safety Quiz

1

What are the sun's invisible rays called that damage our skin?

Beach rays



UV rays



RNLI rays



Sun, Sea and Beach Safety Quiz

2

Can you burn on a cloudy day?

no



yes



Sun, Sea and Beach Safety Quiz

3

How can you protect your eyes from the sun?

t-shirt



suncream



sunglasses



Sun, Sea and Beach Safety Quiz

4

How can you protect your shoulders from the sun?

t-shirt



sun hat



sunglasses



Sun, Sea and Beach Safety Quiz

5

How can you shade your face and neck from the sun?

t-shirt



sun hat



sunglasses



Sun, Sea and Beach Safety Quiz

6

When is the hottest time of the day when you should seek shade?

11am – 3pm



9am – 6pm



7am – 4pm



Sun, Sea and Beach Safety Quiz

7

What does the S in SMART stand for in the special sun safety special code?

Spend some money on ice creams.



Spend time in the shade between 11am and 3pm.



Spend time with your family playing games.



Sun, Sea and Beach Safety Quiz

8

What does the M in SMART stand for in the special sun safety special code?

Make sure you never burn.



Maybe you shouldn't go and sit in the sun for as long as possible.



May the best player win.



Sun, Sea and Beach Safety Quiz

9

What does the A in SMART stand for in the special sun safety special code?

Aim high!



Aim your bow and arrow.



Aim to cover up with a hat, t-shirt and sunglasses.



Sun, Sea and Beach Safety Quiz

1
0

What does the R in SMART stand for in the special sun safety special code?

Rules are important.



Remember children need to take extra care.



Red, yellow, orange and blue.



Sun, Sea and Beach Safety Quiz

11

What does the T in SMART stand for in the special sun safety special code?

Then use sun cream of a minimum of SPF 30. ✓

The sun is bright. ✗

Then play beach volleyball. ✗



twinkl