

# SOLAR ULTRAVIOLET RADIATION

You can get sunburnt on a cloudy day, under the water, and even when skiing!  
Occasional, intense sun exposure and sunburn increases skin cancer risk.

Over **90%** of UV can pass through light cloud

Ultraviolet radiation (UV) is a component of sunlight. UV radiation levels are influenced by many factors including your location, the time of year and time of day.

Overexposure to UV radiation can cause sunburn, skin and eye damage, and skin cancer.

The solar UV index is a measure of the UV radiation level at the Earth's surface and gives an indication of the potential for skin damage. The UV index ranges from zero upwards – the higher the UV index, the greater the risk. When the UV index is 3 or above, you need to protect your skin.

Remember UV damage is cumulative - it adds up over your lifetime.

Clean snow reflects up to **80%** of sunburning UV

Outdoor workers receive **5-10** times more UV exposure than indoor workers

For every 300 metre increase in altitude, UV increases by **4%**

**60%** of UV is received between 10am and 2pm daily



When the UV index is **3+**, you need to protect your skin.

Shade can reduce UV by **50%** or more



White sand reflects up to **15%** of UV

At a half metre depth, UV is still **40%** as intense as at the surface

**Slip**  
on a t-shirt with a collar.

**Slop**  
on broad spectrum (UVA/UVB) sunscreen with a sun protection factor (SPF) of at least 30+, with high UVA protection, and water resistant if you intend to swim.

**Slap**  
on a hat with a wide brim.

**Slide**  
on sunglasses with UV protection.

**Seek**  
shade – particularly between 11am -3pm, when UV rays are strongest.

REDUCE YOUR RISK

**PROTECT & INSPECT YOUR SKIN**

More information at [www.irishskin.ie](http://www.irishskin.ie)

Adapted from Global Solar UV Index: A Practical Guide, 2002  
A joint recommendation of: World Health Organization, World Meteorological Organization, United Nations Environment Programme, International Commission on Non-Ionizing Radiation Protection.

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