

SUN SAFETY

5 Things to Remember

1



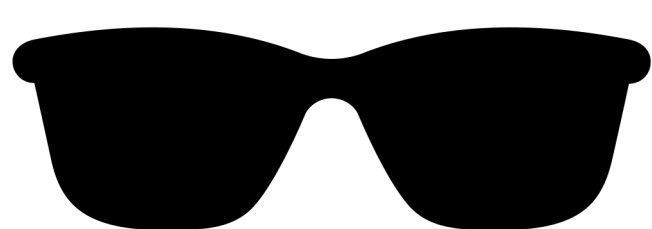
**Stay in the shade
between 11 am
and 3 pm**

2



**Cover up –
keep your
arms and
legs
covered**

3



**Wear Sunglasses
with 100%
Ultraviolet
Protection**

4



**Wear a broad
brimmed hat**

5



**Use sun
protection with
at least SPF 30**

**Look After Yourselves and
Each Other in the Sun**

