

UV PROTECTION

APPLYING SUNSCREEN – THE RIGHT WAY!

Protect yourself against UV radiation at work and during leisure activities! This helps to prevent sunburn, skin cancer and eye damage. Avoid the sun, seek shade, and wear sun-safe clothing and sunglasses. It's also important to apply sunscreen the right way. What does this involve?



THE MORE THE BETTER: SUNSCREEN BASICS



Apply a thick, even layer of sunscreen 30 minutes before going out in the sun.
Recommendation: Use approximately four heaped tablespoons for your whole body!



Use a **waterproof product** with a high sun protection factor (SPF 30/SPF 50).
Remember: Fair skin types are especially sensitive!



Reapply every 2–3 hours to maintain maximum protection (lost through wear and sweat!).



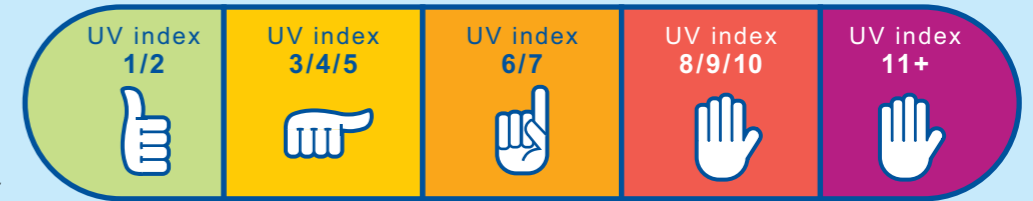
Pay attention to the expiry date after opening and don't expose your sunscreen to intense heat (for example in the car).



If you have an allergy or skin condition, seek medical advice for special sunscreen.

LOOK AT THE UV INDEX:

The higher the UV index, the more UV rays you are exposed to – increasing your risk of sunburn, even on cloudy days.



From level 3, precautionary measures are necessary: sources of shade (canopies or parasols), clothing/headwear, sunglasses, sunscreen.

Avoid midday sun from the hours of 11am to 3pm, if possible!

COMPLETE PROTECTION

Wear clothing (tightly woven and with SPF protection) that protects as much of the body as possible

Use headwear with neck and ear protection

PROPER APPLICATION

Thoroughly apply cream to all exposed areas of skin

Don't forget to cream your scalp/bald areas, forehead, ears, nose, lips, chin, neck and back of hands



Further information is available in our online magazine: mehr.bghw.de/sonnencreme

