

# SunSmart UV Alert



## VELS Levels 3 and 4 VELS Domains

- Health & Physical Education
- The Humanities – Geography
- English
- Mathematics
- Science
- Communication
- Design, Creativity and Technology
- Thinking Processes

### You will need:

- Access to internet (Bureau of Meteorology and SunSmart websites)
- Green, yellow, orange, red and purple pencils or textas.

### Important information

The SunSmart UV Alert lets you know daily local sun protection times. It uses UV Index information from the Bureau of Meteorology.

The UV Index indicates how much UV from the sun is reaching the earth. UV levels of 3 or more can start to damage a person's skin and eyes and can lead to skin cancer. It's important to always use sun protection (clothing, hat, sunscreen, shade, and if you can, sunglasses) whenever UV levels reach 3 or more to help protect your skin and eyes.

The UV Index is divided into categories from low (1-2) to extreme (11+). Each range is represented by a different colour.

### UV index range:

- Low (0–2) Green
- Moderate (3–5) Yellow
- High (6–7) Orange
- Very high (8–10) Red
- Extreme (11+) Purple

Low UV levels are usually safe for most people but moderate, high, very high and extreme can be dangerous.

The SunSmart UV Alert graph uses a bell curve to show the changing UV levels across the day. The bell shape of the graph has a high curve in the middle of the day. That's when UV levels are highest.

## Instructions

1. Go to the Bureau of Meteorology website at [www.bom.gov.au/vic/uv/index.shtml](http://www.bom.gov.au/vic/uv/index.shtml)
  - Click on the location in the map of Victoria closest to your area.
  - A new box pops up with the SunSmart UV Alert graph for that area.
  - Can you answer these questions about the graph?

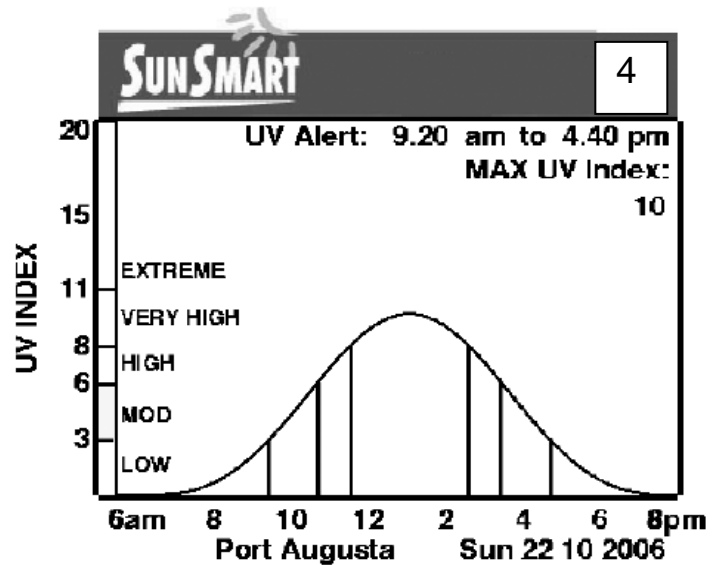
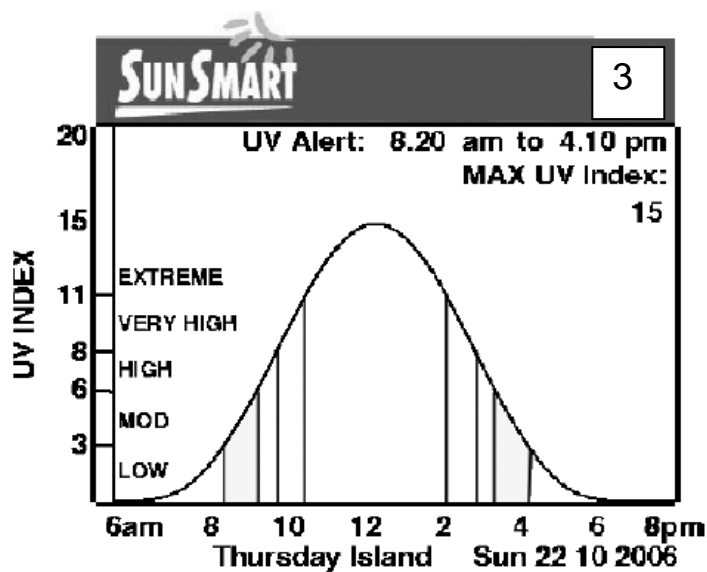
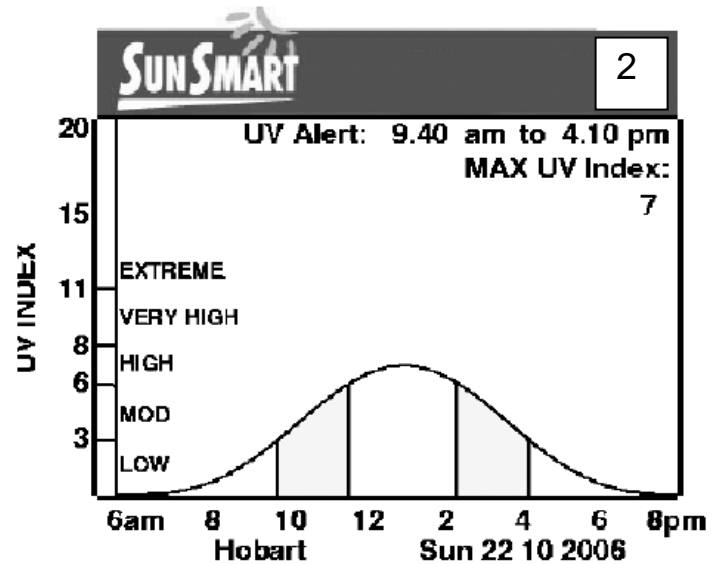
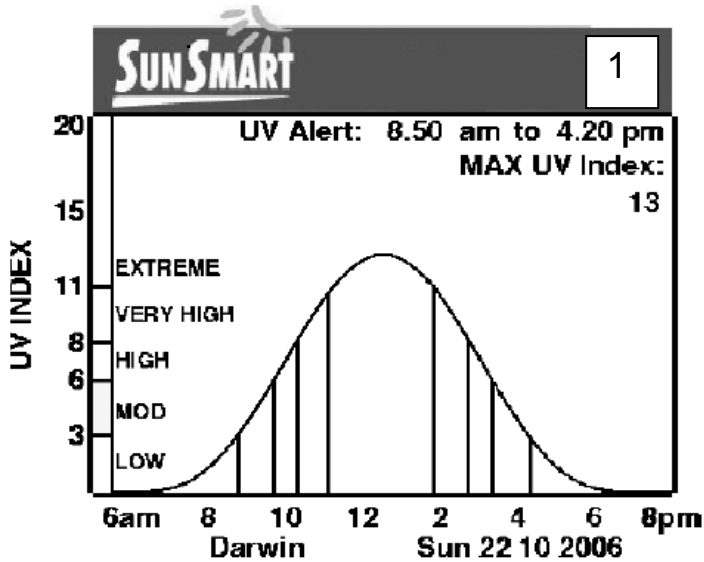
Today's date:

The SunSmart UV Alert location:

- What will be today's highest (maximum) UV level?
  - What colour in the UV index range is today's maximum UV?
  - When will the maximum UV level be reached?
  - When will today's UV level be 3 or more for your area? From \_\_\_\_\_ to \_\_\_\_\_
  - What are today's sun protection times for your area? From \_\_\_\_\_ to \_\_\_\_\_
  - What colour is used to show when the UV is below 3?
  - When is sun protection NOT needed today? Before \_\_\_\_\_ and After \_\_\_\_\_
2. Look at the SunSmart UV Alerts on page 2
    - Use the coloured pencils / textas to fill in the UV Index range and the bell curves for each SunSmart UV Alert.
    - Fill in the information on the table. Do you know which state or territory each of these locations are in?
    - Which parts of Australia would have the highest UV levels? Why?
  3. Now go to [www.sunsmart.com.au](http://www.sunsmart.com.au)
    - Can you find the SunSmart UV Alert on SunSmart's homepage? (Hint: It doesn't look like the bell curve graph and it's blue!)
    - This is called a widget and can be added to your school's website.
    - Use the drop down list to find the sun protection times for your area today.

Jan 2012

# SunSmart UV Alert



No.	Place	Date	State / Territory	Maximum UV level	Times to use sun protection	Time when the UV level is highest
1						
2						
3						
4						