

SunSmart UV Alert



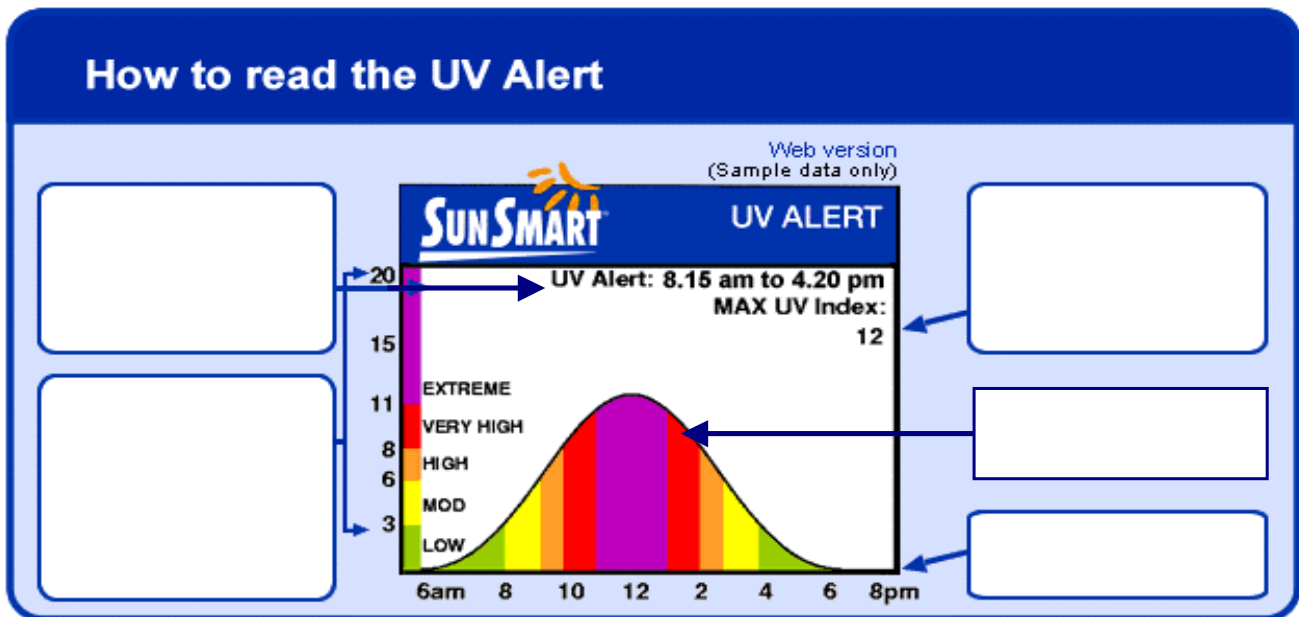
Whenever ultraviolet (UV) radiation Index levels reach 3 and above, sun protection is required. At that level, UV radiation is intense enough to damage the skin and eyes and contribute to the risk of skin cancer. In Victoria, average UV levels are 3 and above from the beginning of September to the end of April so a combination of sun protection measures are needed during these months.

From May to August, average UV levels in Victoria are below 3 so sun protection isn't needed unless you are in alpine regions or near highly reflective surfaces such as snow or water.

So how do you know what the UV levels are?

Go to the Bureau of Meteorology link www.bom.gov.au/weather/uv/ and use the information from this website to answer these questions.

1. Explain the function of the UV Index and when the SunSmart UV Alert is issued.
2. List the places where you can access the SunSmart UV Alert.
3. a. Using the example below, fill in the information boxes and learn how to use the SunSmart UV Alert.
b. Identify which level the Index of 12 correlates with.



4. Explain why you should get into the habit of regularly checking the SunSmart UV Alert.

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5. Go to www.bom.gov.au/weather/vic/vic-uv-index-map.shtml and discover the UV Index and sun protection times using either the Forecast Graphs or Values for the following places in Victoria:

Location	UV Index	Sun protection times
Melbourne		
Ballarat		
Mildura		
Geelong		
Mt Hotham		
Mornington		

6. Now find the UV Index (e.g. 13), rating (e.g. extreme), and sun protection times (e.g. 8.40 am to 5.20 pm) for the following places around Australia:

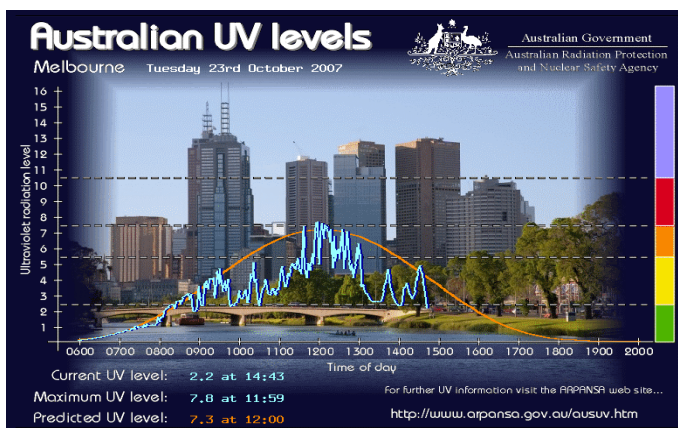
Location	UV Index	Sun protection times	Rating
Darwin			
Katherine (NT)			
Alice Springs (NT)			
Brisbane			
Cairns (QLD)			
Broken Hill (NSW)			
Sydney			
Halls Creek (WA)			
Broome (WA)			
Perth			
Hobart			
St Helens (TAS)			
Canberra			
Adelaide			

7. Briefly describe your observations from your findings above, with regard to the different levels of UV radiation and times sun protection is required at the different locations.

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8. Describe why the UV radiation level is not linked to temperature i.e. why can you still get sunburnt on a cool 19 degrees day, or even when the sky is overcast?

9. Over breakfast you check the SunSmart UV Alert and find it is expected to be over 3 for most of your school day. Analyse your personal sun protective responses.



10. Using the SunSmart website at www.sunsmart.com.au, check the Realtime (current) UV levels for Melbourne (similar to this example) and across Australia.

a. Comment on your observations of these charts e.g. does the real UV level closely follow the predicted graph, or does it vary?

b. Does the real UV level exceed/fall below the predicted UV level?

c. What is the current UV level on your chart?

11. List all of the factors that could cause variations in the UV levels throughout the day.

12. Research activities:

- What are the different types of UV radiation and which one/s are most likely to cause damage to your skin and eyes, and skin cancer?
- What factors influence UV radiation levels? (latitude, altitude, etc.)
- Discover how the SunSmart UV Alert can help you safely obtain your beneficial 'dose' of vitamin D from the sun.
- Explore the different skin types (i.e. Fitzpatrick skin types 1–6) and how they are susceptible to damage by UV radiation.
- Determine your skin type and what measures you must take for your own skin protection.