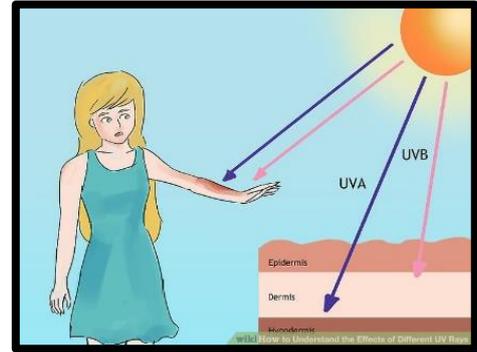


What is UV?

Ultraviolet (UV) radiation is a type of energy produced by the sun and some artificial sources, such as solariums.

The sun's ultraviolet (UV) radiation is the main cause of skin cancer. UV damage also causes sunburn, tanning, premature ageing and eye damage.



UV radiation isn't like the sun's light or heat, which we can see and feel. Your senses cannot detect UV radiation, so you won't notice the damage until it has been done.

The UV Index

The World Health Organization's Global Solar UV Index measures UV levels on a scale from 0 (Low) to 11+ (Extreme). Sun protection is recommended when UV levels are 3 (Moderate) or higher.

The UV level is affected by a number of factors including the time of day, time of year, cloud cover, altitude, how close you are to the equator, scattering and reflection.

Sun protection times

The sun protection times show when UV levels are forecast to be 3 or higher



During the sun protection times remember to protect your skin and eyes by using covering clothing, sunscreen, a hat, shade and sunglasses. Don't just wait for hot and sunny weather.

Health effects of too much UV radiation

Too much UV radiation can cause skin and eye damage, sunburn, tanning and skin cancer.

Some UV exposure is recommended for vitamin D.

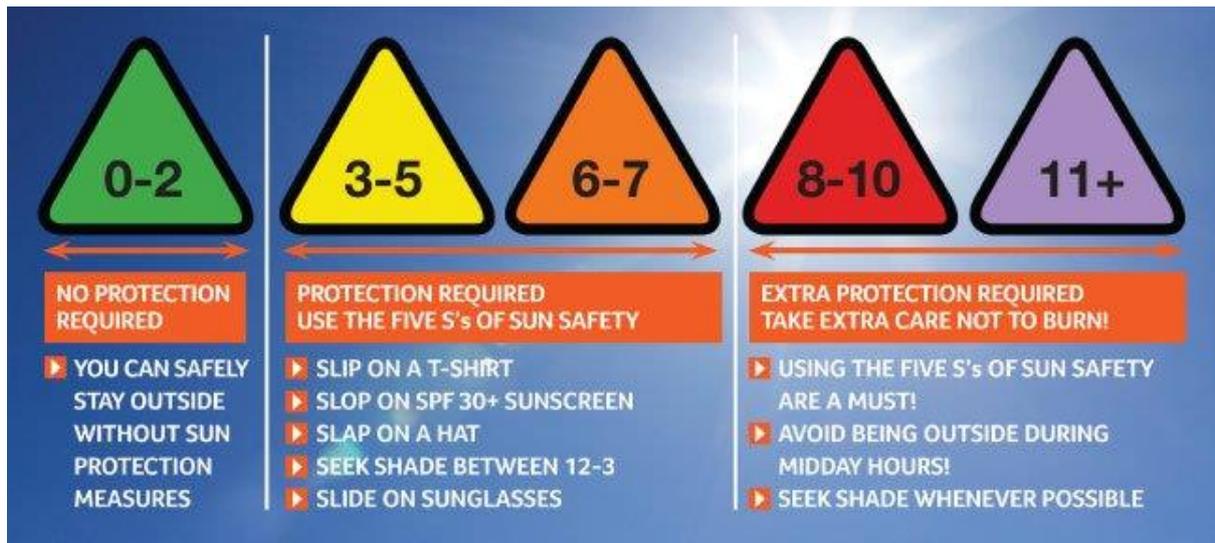


Sunburn

Sunburn is a UV radiation burn to the skin. In Victoria's summer months, skin can burn in as little as 11 minutes and can take days or weeks to heal. Mild sunburn can be treated at home, but you should see a doctor immediately for severe and/or blistered burns.

While the signs of a sunburn fade with time, the damage can't be undone and adds to your lifetime tally of UV damage, which increases your risk of skin cancer.

The school's Sunsmart policy requires all students to wear wide-brimmed hats during Terms 1 and 4 during the year. Even if it's cloudy outside you still need to wear your hat.



Questions:

1. What is UV and how is it dangerous to humans?
2. How would you know if you have been affected by UV radiation?
3. At what level on the scale should you use sun protection?
4. How long can it take to get sunburnt during a Victorian summer?
5. Research Vitamin D and write 3 facts about it.
6. Find what the UV ratings are in Shepparton for the next few days.
7. Design a UV Index Scale.