



IN THE SUN

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Which chart gives the most useful information about the dangers of the sun?

UV protection chart				
Low (0-2)	Medium (3-5)	High (6-7)	Very high (7-30)	Extremely high (11+)
Sunscreen	Sunscreen	Sunscreen	Sunscreen	Sunscreen
Sunglasses	Sunglasses	Sunglasses	Sunglasses	Sunglasses
	Hat	Hat	Hat	Hat
		Shade	Shade	Shade
				Staying indoors between 10am - 4pm

Table A1: EPA skin phototypes

Skin phototype	Skin colour	Tanning and sunburn history
1- Never tans, always burns	Pale or milky white, alabaster	Develop red sunburn, painful swelling, skin peels
2- Sometimes tans, usually burns	Very light brown, sometimes freckles	Usually burns, pinkish or red colouring appears, can gradually develop light brown tan
3- Usually tans, sometimes burns	Very light brown, or olive, distinctively pigmented	Rarely burns, shows moderately rapid tanning response
4- Always tans, rarely burns	Brown, dark brown or black	Rarely burns, shows very rapid tanning response



IN THE SUN CONTINUED

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Which chart gives the most useful information about the dangers of the sun?

		1 hour	2 hours	3 hours	4 hours	5 hours
Type 1 - Very fair skin	Never tans, always burns	SPF 15	SPF 30	SPF 30	SPF 60	SPF 60
Type 2 - Fair skin	Slowly tans, burns easily	SPF 15	SPF 30	SPF 30	SPF 60	SPF 60
Type 3 - Light skin	Gradual tans, initially burns	SPF 8	SPF 15	SPF 15	SPF 30	SPF 30
Type 4 - Medium skin	Tans well, minimal burns	SPF 4	SPF 8	SPF 8	SPF 15	SPF 15
Type 5/6 - Dark skin	Easily tans, rarely burns	SPF 4	SPF 4	SPF 4	SPF 8	SPF 15

UV Index chart					
UV index	0-2 very low	3-4 low	5-6 medium	7-10 high	10+ very high
How to protect yourself					
					
					
	 SPF 15	 SPF 15	 SPF 15	 SPF 30	 SPF 45
					
Minutes to burn*	60	45	30	15-24	10 or less

* Minutes to burn with no sunscreen used based on fair skin that sometimes tans but usually burns.

Key	
wear sunglasses	
use sunscreen	
wear a hat	
stay in the shade	
try to stay out of the sun at midday	

Source: Schering-Plough Healthcare Products