

Get out

As we strip off for summer and head out the door, we need to stay sunscreen-savvy

THERE

Know your rays

Many sunscreens and sunblocks only protect against UVB rays. Both UVA and UVB radiation contribute to sunburn, skin ageing, eye damage, melanoma and other skin cancers, so it's important to use a product that will shield against UVB and UVA rays. Sunscreens labelled "broad-spectrum" filter out some of the UVA as well as UVB radiation.

The magic number

Not sure whether to stick with SPF15+ or take it to a higher level? An SPF15+ sunscreen lets you stay outside for up to 150 minutes, while an SPF30+

product gives you slightly higher protection – not double the amount. Over a lifetime, that adds up to less skin damage. So if you want to play it super safe, go for max cover and use a broad-spectrum SPF30+ sunscreen.

Get into a routine

It's important to apply sunscreen daily, so make it a part of your morning routine after your shower. Apply sunscreen to the face, neck, upper chest, arms and hands, or any area that's exposed to the sun.

Dive in

Swimmers take note, water resistant does not mean waterproof. According to the Sydney Skin Cancer Clinic, waterproof sunscreen may protect for at least 80 minutes, while a water-resistant product may provide cover for only 40 minutes. *For more information, go to www.cancercouncil.com.au*

Expert advice

Professor Ian Olver, chief executive officer at Cancer Council Australia, knows all too well the importance of men's SPF awareness.

"More than 6000 Australian men are diagnosed with melanoma each year," he says. "It's the third most common type of cancer among men, after prostate and bowel. Protection is especially needed when UV levels are at their strongest, generally between 10am and 3pm."



THE APPLICATION PROCESS

Sunscreen should be applied about 20 minutes before going outside to give it time to penetrate. Reapply every two hours, or more frequently if you sweat heavily. Switch to a moisturiser with a built-in SPF. **TRY: Nivea For Men Protective Moisturiser SPF15** Look for a broad-spectrum UVA/UVB sunscreen **TRY: Invisible Zinc Natural Sunscreen Face + Body** If you're playing sport, go for maximum protection. **TRY: Coles Sunscreen Lotion Everyday Use SPF30+**