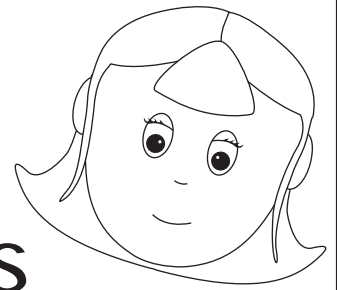


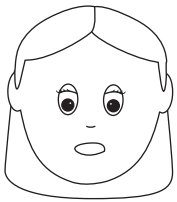
Carrie Copper Guide to Sun Protection Factors



- 1 Sunscreens are made as sprays, lotions or cream.
- 2 They make a barrier between the sun and our skin.
- 3 They reflect or absorb the sun's harmful ultra violet radiation.
- 4 Sunscreens are labelled with a Sun Protection Number (SPF) which ranges from 0 to 30+.
- 5 The higher the number, the longer you can safely stay in the sun with that sunscreen. For example, if a person normally starts to burn after 10 minutes in the sun, then it will take that person about 150 minutes to burn if they use a sunscreen with and SPF of 15 (10x15).

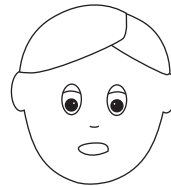
Try and work these out.

Lucy usually starts to burn after 15 minutes in the sun. How long will it take before she starts to burn using lotion with Sun Protection Factor 20?



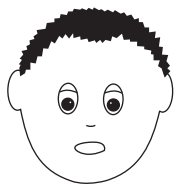
Answer

Jake usually starts to burn after 12 minutes in the sun. How long will take before he starts to burn using lotion with Sun Protection Factor 10?



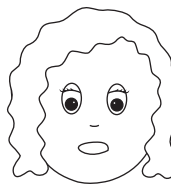
Answer

Robbie usually starts to burn after 10 minutes in the sun. How long will it take before he starts to burn after using spray with Sun Protection Factor 18?



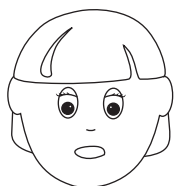
Answer

Carla also usually starts to burn after 12 minutes in the sun. How long will it take before Carla starts to burn using cream with Sun Protection Factor 30?



Answer

Caroline usually starts to burn after 15 minutes in the sun. She is going on a two hour bike ride in Spain. What Sun Protection Factor should she use?



Answer

Remember! Sunscreens should not be used to increase the amount of time you spend in the sun.