

## UV radiation from the sun – is it always an enemy?

### Worksheet

1. Can you suffer from a skin sunburn even in a cloudy day? Justify your answer.

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2. The most often we use sunscreens in the Summer during sunbathing (especially at the beach). Fill the leaflet, reminding about necessity of using protection against UV radiation.

*Remember to protect your skin from excessive UV radiation. Use  
sunscreens every time when:*

1. *You're tanning at the beach.*

2. ....

3. ....

4. ....

5. ....

3. What are the rules for using sunscreen to be the most effective? Write down your answer in three points.

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4. Do your skin has a tendency to sunburn (erythema)? Specify your skin phototype using Fitzpatrick classification (you can find it in the PowerPoint presentation shown by the teacher or in the internet). Read from diagrams below the duration of sunbathing without sunburn for your phototype, if the UV Index is 6. How it will change if you use sunscreen with SPF 30?

Duration of sun exposure without sunburn for my skin is: .....

If I use sunscreen it will be: .....

