Sun Safety

Test your knowledge of sun safety by completing the answers to the 20 sun safety questions below, writing the answers in the spaces provided using the word bank.

1. What must we always wear to make sure our shoulders don’t burn? _____________________________________________
2. What do we rub on to exposed skin to help protect it from the sun’s rays? _____________________________________________
3. What broad brimmed item should we wear on our heads to shade our face, neck and ears? ____________________
4. What should we wear to protect our eyes from the sun? _____________________________________________
5. The sun’s harmful rays are called UV - what does UV stand for? _____________________________________________
6. You can usually find one of these in the park that will give you shade, what is it? ____________________
7. When applying sunscreen, what is the minimum SPF you should use (find the written number)_________________
8. What should you make sure you never let your skin do when playing outside? ____________________
9. The sand, sea and swimming pools can increase our risk of burning because they _____________the sun’s rays.
10. You should immediately reapply your sunscreen after you have been doing what? ____________________
11. The sun’s harmful rays can still reach our skin even when it is what? ____________________
12. Sunburn can be painful, it makes your skin turn _____________.

Word bank:
t-shirt       sunscreen       swimming       reflect
ultra-violet   tree         red            burn
sunglasses    sun hat       cloudy        thirty