

# SUNSCREEN IMPORTANCE

*“safety is a core value and business priority”*

## What’s The Difference Between UVA & UVB

- ☐ **UVA Rays:** penetrate the skin more deeply than UVB, and are the chief cause of wrinkles, sagging and other signs of aging.
- ☐ **UVB Rays:** damage the skin’s upper surface and are the main cause of sunburn. Both cause skin cancer.
- ☐ The Skin Cancer Foundation recommends always using a broad spectrum sunscreen with an SPF of 15 or higher – SPF 30 or higher for extended stays outdoors.



## What to Look For on Your Sunscreen Bottle!

1. **Broad Spectrum:** It’s essential for your sunscreen to offer broad spectrum protection, which means that it offers protection against **UVA** and **UVB** rays,
2. **Sun Protection Factor (SPF):** SPF is a measure of how long a person can stay in the sun before its UVB rays start to burn the skin. In the real world, no matter what the SPF, sunscreens start to lose effectiveness over time,
3. **Water-resistant:** The terms “water-resistant” and “sweat-resistant” indicate whether the sunscreen remains effective for 40 minutes or 80 minutes when you are swimming or sweating. Since no sunscreen is fully “waterproof” or “sweatproof,” the FDA prohibits these terms. Remember to reapply every two hours after swimming.



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