

SAFE SUN. IT'S EASIER TO RELAX WHEN YOU'RE PROTECTED.

Too much exposure to the sun's harmful rays can do serious damage to your body. Skin cancer is one of the most common types of cancer in the UK, with thousands of new cases diagnosed every year.

Spending just a short time in the sun can result in sunburn, heat exhaustion or heat stroke – which in some cases can cause illness, or even death.

Protect yourself.

SLIP on a shirt (preferably a long-sleeved one)

SLAP on a hat

SLOP on the appropriate sunscreen

It's also a good idea to avoid direct exposure to the sun during the hottest part of the day – between the hours of 11am and 3pm – and try to take advantage of shade when possible.

Stay hydrated and protect your eyes.

When visiting the beach or staying out for extended periods, ensure you drink plenty of water to avoid dehydration.

To prevent damaging your eyes on sunny days, you should wear sunglasses offering 100% UV protection.

REMEMBER: slip, slap, slop – and don't forget to bring a bottle of water.

To find out more about beach safety visit
rnli.org.uk
or call 0800 328 0600.

Beach
Lifeguards

The RNLI logo is a red and white flag with a gold anchor in the center. The letters 'R', 'N', 'L', and 'I' are arranged in a cross pattern around the anchor: 'R' at the top, 'N' at the bottom, 'L' on the left, and 'I' on the right.