

LIFEJACKET®

> SKIN PROTECTION <



UNDER THE SKIN

LIFEJACKET'S
SKINCARE GUIDE



UNDERSTAND UV LIGHT.

Ultraviolet (UV) is an invisible form of radiation emitted by the sun (and tanning beds). It reaches your skin every day and is responsible for skin damage, from wrinkles through to skin cancer.

Statistically speaking, UV is responsible for 80% of premature skin ageing and 90% of melanoma skin cancers. UV is classified as a human carcinogen by the World Health Organisation.

95% of all UV rays that reach your skin are UVA rays. UVA levels are constant throughout the day and year i.e. they're just as strong in December as in June. UVB varies during the year but is more powerful than UVA and is strongest around midday and during summer months.

SUN

UVC

UVB

UVA



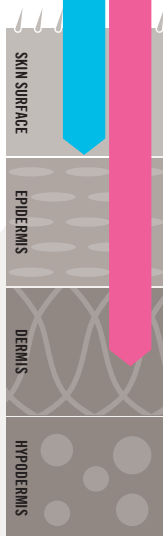
UV DAMAGES. EVERY DAY.

UVA penetrates deep into the skin, damaging structural cells in the dermis. Long-term, this causes premature skin ageing, wrinkles and some skin cancers.

UVB hits the outer layers. Short-term effects include burning, blistering and sun spots. Long-term effects include skin cancer and premature skin aging.



When your body is under attack from UV, the skin kicks into protection mode sending dark pigmented cells (melanocytes) to the skin's surface. This is a tan. This pigment tries to block UV. **A tan is not a good thing - it implies damage.** Sunburn increases the risk of skin cancer and should be avoided at all costs.





SO WHAT IS EFFECTIVE SKIN PROTECTION?



Use a good daily moisturiser with a minimum of SPF 30 to safeguard your skin against incidental UV damage. **No days off.** The moisturiser can also make your skin feel (and look) better.



Use SPF 30 or 50+ sunscreen on any exposed skin when outside for long periods. Look for the UVA icon (or at least UVA 4*). Apply **one teaspoon per body part every two hours.** Re-apply frequently.



Not all fabrics are created equal. A white cotton tee is the same as an SPF 5 sunscreen. **UV can pass through clothing.** UPF 50+ fabrics are the ultimate physical barrier.



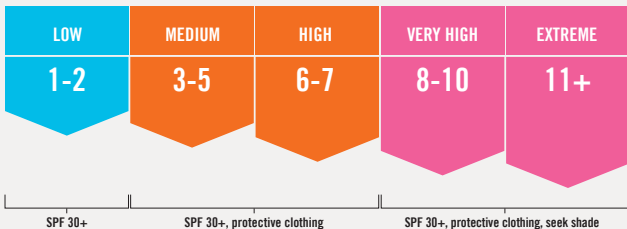
Keeping covered in the shade is the best way to protect your skin. Especially in strong sun between 11am-3pm.



IT'S NOT THE TEMPERATURE THAT COUNTS.

Invisible UV rays reach your skin every single day, regardless of temperature. The strength varies throughout the year. The UV index is a scale telling you the day's 'score' and how to stay protected.

The UV level can be **as high on a cold or cloudy day as it is on a hot day.** It's about how strong the UV is where you are NOT the temperature. Use the weather app on your phone to find out the UV index where you are.



DETECTION IS JUST AS IMPORTANT AS PROTECTION

BARE FACTS

Skin cancer is one of the most common (and preventable) forms of cancer.

UV rays can damage DNA leading to skin cells becoming abnormal and multiplying out of control. Most skin cancers can be cured if detected early.



HOW TO CHECK

Work from top to bottom: scalp, face, neck, upper arms, elbows, forearms, both sides of your hands (including fingernails and palms), chest, sides and stomach. Then back, buttocks and legs. Lastly, check your feet including your soles.

CHECK REGULARLY

Every 2-3 months, check your skin for moles or marks that are changing.

Use the ABCD method (search online) to diagnose any possible problem areas.

MAP IT OUT

Learn what a normal 'map' of your skin looks like. Take notes and photos with your phone for next time.

In adults, 70% of melanoma cases are NOT linked to existing moles but form as new marks on the skin.

WHAT TO LOOK FOR

Find a well lit room. Get help or use a large mirror and hand mirror.

Any changes can be a concern: look for growing size, changing shape, new colours, bleeding, pain, crusting, red around the edges or itching.

NOT SURE?!

See a doctor straight away. If they're in doubt, they can refer you for further checks. **Don't wait. Don't put it off.**