SUN PROTECTION™

OCCUPATIONAL & CLINICAL SUN SAFETY

SUNSCREEN WEARS OFF

Reapply every 2 hours

07:00	09:00	11:00	13:00	15:00	Any time
Apply	**Reapply**	**Reapply**	**Reapply**	**Reapply**	**Reapply**
15 min before you start	2 hours	Peak UV starts	After lunch	Still strong	After sweat or towel

1 tsp
about 5 ml for face, ears and neck

1 tsp
for each arm, and more for legs if exposed

15 min
before you go out, so it can settle on the skin

Also remember

- Reapply straight after heavy sweating or towel-drying
- Lips burn first: use an SPF lip product
- Cloudy days still carry strong UV
- Report a new or changing spot to the clinic

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How to use, warnings and batch check
sp.healthbrands.co.za/use