SUN PROTECT™
OCCUPATIONAL & CLINICAL SUN SAFETY

SUN PROTECT SPORT · CYCLISTS

Ride far. Reapply.

Hours in the saddle add up to a big UV dose: on the arms, the backs of the hands, the neck, the ears and the face. Plan your protection like your nutrition.

Apply before the start

SPF 50 on every exposed area 15 minutes before you roll out.

Reapply at stops

Every 2 hours and at water points, and after heavy sweating.

Cover up

Arm sleeves or a long-sleeve jersey, and wrap-around sunglasses.

shade · **shirt** · **hat** · **SPF 50** · **sunglasses**

SPF 50 broad spectrum (UVA/UVB). Sunscreen is one of five steps; shade, clothing, a hat and sunglasses matter as much.

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Scan for directions and reapply times
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