SUN PROTECT™
OCCUPATIONAL & CLINICAL SUN SAFETY

FOR SPECTATORS

A day in the stands is a day in the sun.

Matches, races and tournaments keep spectators outdoors for hours, often through the midday peak. Protect yourself and your family.

Sit in the shade
Bring an umbrella or find covered seating between 10:00 and 15:00.

Hat and sunglasses
A broad brim for you and the children; sunglasses with UV protection.

SPF 50, then again
Apply 15 minutes before you arrive; reapply at half time or every 2 hours.

Drink water
Keep drinking through the day and take breaks out of the sun.

SPF 50 broad spectrum (UVA/UVB). Sunscreen is one of five steps, not a reason to stay out longer.

SUN PROTECT™
OCCUPATIONAL & CLINICAL SUN SAFETY

082 868 7762 ·
info@healthbrands.co.za
sp.healthbrands.co.za

How to apply
sp.healthbrands.co.za/use