



UVbreak.com
The healthiest time of your day

Factsheet

The value of the sun is incredible. Without the sun there is no life on earth.

For years we have heard to avoid the sun between 12 and 3 o'clock. And that we could get skincancer from too much sunlight. But how much is too much? The new advice is to go outside in the sunlight during your lunchbreak. But for how long?

Many questions, many opinions, much uncertainty. We are happy to give you an obvious answer!

Skin types

Almost all people are much happier when the sun shines, but every skin reacts differently to sunlight. There are four categories of skin type indicating how the skin reacts to sunlight. To calculate how well your skin (type) can interact with the sun, there is a chart with numbers. Skin type I has the number 67. Skin type II has the number 100, Skintype III has 200 and skin type IV goes with the number 300. In a minute, we will explain to you what you can do with these numbers.

67	100	200	300
Skintype 1	Skintype 2	Skintype 3	Skintype 4
			
<ul style="list-style-type: none">• Ginger or light blonde hair• Eyes: light blue, gray or green• Reddish or white skin• Gets sunburn quickly• Tans rarely• Basic unprotected tanningtime: 67 min.	<ul style="list-style-type: none">• Blonde hair• Eyes: gray, blue, green or light brown• Light skin• Easily gets sunburn• Tans slowly• Basic unprotected tanningtime: 100 min.	<ul style="list-style-type: none">• Dark• Brown eyes• Slightly tanned• Barely gets sunburn• Tans easily• Basic unprotected tanningtime: 200 min.	<ul style="list-style-type: none">• Dark hair• Dark eyes• Tan• Rarely gets sunburn• Tans easily• Basic unprotected tanningtime: 300 min.

UVIndex

The UVIndex fluctuates on a day to day basis. Every day, the KNMI calculates the UVIndex in the Netherlands. So it is possible that the UVIndex is calculated as 5 for today.

UVIndex is linked to the number of your skin type. Assume that you have a skin type II (concerning the number 100 in the scheme) and UVIndex is determined as 5. Through dividing the skin type II- number with UVIndex, you can calculate the time you can be exposed to the sun without burning your skin.

So today you can maximally enjoy the sun for 20 minutes, without burning your skin and without using suntan. This is important to know, because burning your skin means damaging your skin and therefore the risk on getting skin cancer increases.

Calculation: Basis unprotected sun time of your skin type / UVindex
Example: $100/5=20$ minutes to enjoy the sun unprotected

SPF=Sun Protection Filter

If you are planning to expose yourself to the sun for longer than 20 minutes, your skin will need extra protection. Therefore, you need to cream your skin with anti-sunburn – called an SPF. This abbreviation means **Sun Protection Filter**.

There are SPF products containing UVA and UVB filters which are offering the most complete protection against the sun. Note that you will have to cream SPF every two hours and next to that, it is probably necessary that this must be creamed more intensively than you are doing at the moment. When using this product properly, a body of 1.80 m should empty the 200ml suntan in 6 times creaming.

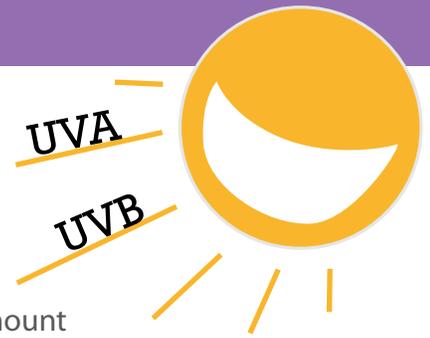


UVA & UVB

A good SPF should protect you against UVA and UVB. Both of these radiations of the sun makes sure that your skin is tanned, however these radiations have other characteristics as well.

For example, **UVA** makes your skin losing moisture and hence causes skin aging.

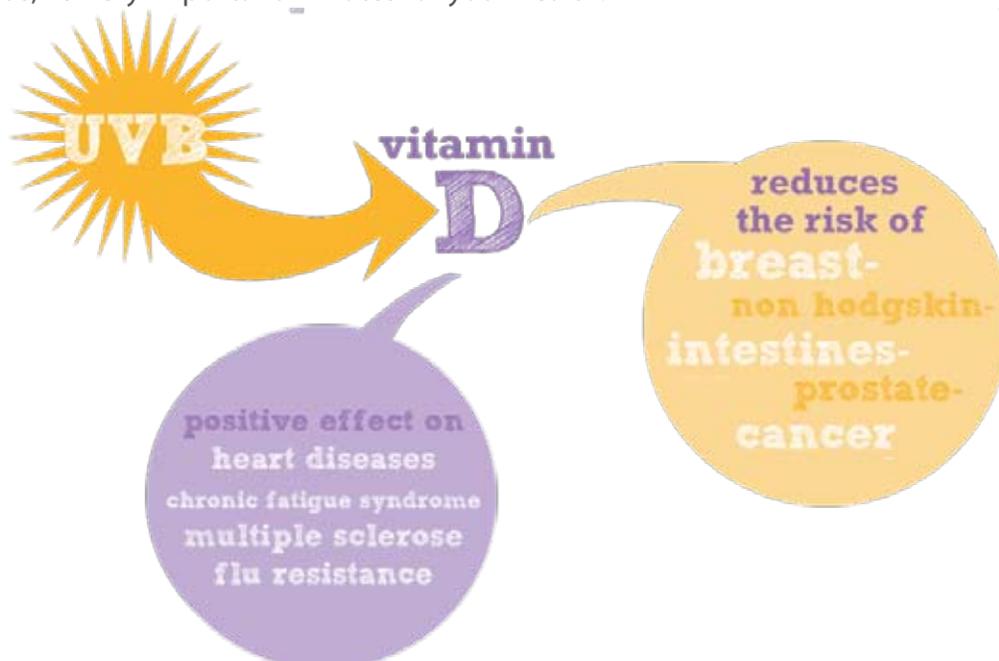
UVB naturally produces vitamin D, which is very healthy for your body. The presence of UVB in the radiation of the sun is variable. During the morning the amount of UVB increases, while at noon this amount decreases.



Advice: 15 minutes of sun per day

Since a moderate amount of exposure to UVB is so good for your body, KWF (an anti-cancer association) and the Dutch Health Council have adjusted their advices towards being in the sun. Because of the presence of UVB, we need to be in the sun for 15 minutes per day unprotected, between 12.00 and 15.00 for the sake of our health.

The reason for this is that vitamin D, as already been mentioned in the previous section. With the correct amount of vitamin D in your body, there is a decreased chance on intestines-, breast-, non hodgkin- and prostate cancer. Thus, 15 very important minutes for your health!



UVbreak for employees and employers !



But how do you get to 15 minutes of sun in a life as busy as yours?

Take your UVbreak during your lunchbreak, for example. Your boss needs you to stay healthy as well.

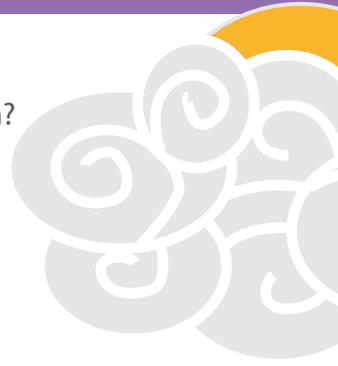
And, also important for your employee: after that 15 mintues, you can get back to work.

UV Break in the winter (or when it is cloudy)

But what to do on a rainy day? Or on that bright winterday with UVindex 2? In that case, do you get your 15 minutes of sunlight? And is the sun strong enough for vitamin D production?

Sadly for us people in northern European regions, but only from UVindex 3 there is enough UVB in the sunradiation to produce vitamin D. The north European sun has this Sun Index 3 from May to August. *The sun is too weak for vitamin D production at least eight months a year.*

Twice a day eating fish, vitamin D supplements or a weekly visit to a professional solarium will help you maintain your vitamin D level.



Sunny conclusion

Beware and take care of the sun !

Make sure an UVbreak will be part of your healthy lifestyle!
Why not share this wisdom? Share your UVbreak with friends and colleagues.

UVbreak is happy to answer all your sun-related questions. Send us an email at info@uvbreak.com. You can also find us on Facebook.



UVbreak.com
The healthiest time of your day