

UV radiation in our environment

The sun emits ultraviolet radiation (also called UVR or UV radiation). We cannot see or feel it. The sun's heat is from infrared rays but it is UV radiation that burns our skin.

Some UV radiation from the sun on our skin is good for our health because we make Vitamin D this way. However, too much UV radiation can cause our skin to age, develop skin cancers, and damage our eyes and immune systems. About 90% of skin cancers are caused by too much exposure to UVR.

Clouds

You can get sunburned on cloudy days. Cloud usually reduces UVR, particularly in overcast conditions. However, when there is broken cloud and the sun remains visible, clouds can scatter or reflect UVR so that total UVR may be greater than under clear sky conditions.

Latitude

In New Zealand, the peak summer UVR levels are around 40% higher than the same latitudes in the northern hemisphere.

Sun elevation

The amount of UVR varies with time of day and time of year. The higher the sun is in the sky, the higher the UVR. The shorter your shadow, the higher the UV index is. Be SunSmart during daylight saving months (September to April), especially between 10am and 4pm.

Altitude

In clean air, UVR increases by about 1% for each 1000 metre rise in altitude (going uphill). On our ski fields, the UV radiation can be 20-30% more than at sea level. Snow also reflects UVR. Be SunSmart both summer and winter when up in the mountains.

Working outdoors

Working outdoors means more time in the sun, more exposure to UVR and a greater risk of skin cancer.

Shade

Shade can reduce UV radiation. To reduce UVR by more than 50%, most of the sky needs to be blocked by the shade structure.

Reflection

UVR can be reflected or scattered by different surfaces. White sands can reflect up to 25% of UVR and snow can reflect 80% or more. Water also reflects high levels of UVR. Even under 50cm of water, UVR can still be 40% of its surface value.



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