

Questions from SunSmart Millionaire game

What sunscreen gives the most protection?

SPF 5

SPF 1

SPF 30*

SPF 15

What type of UV goes the deepest into the skin?

UVA*

UVB

Visible light

Infra-red

UV radiation stands for

un vetted radiation

unviolet radiation

usually viscious radiation

ultraviolet radiation *

How often should you reapply sunscreen?

Once a day

Every two hours *

Every six hours

Every half hour

What type of hat is the best for sun protection?

A cap

A watermelon helmet

A bucket hat *

A beret

Ultraviolet radiation is a known carcinogen. A carcinogen is...

a type of cancer

a type of EMR

sunburn causing

cancer causing *

Broad spectrum sunscreen protects against

UVA

UVB

UVA and UVB *

UVA, UVB and IR

What is the main source of UV radiation?

The moon

Nuclear power stations

A light bulb

The sun*

What is the name of the skin pigment that reacts to UV radiation?

melanoma

chlorophyll

melanin *

freckle

Which vitamin is made in the skin during sun exposure?

D *

A

B

C

If this decreases more UV rays will reach the surface

oxygen layer

ozone layer *

stratosphere

hemisphere

The best type of shirt to wear for sun protection is...

long sleeves *

no sleeves

short sleeves

tank top

The most dangerous form of skin cancer is

carcinoma

sacronoma

melanoma *

melanin

These people are more likely to get sunburnt.

dark skinned

men

women

fair skinned *

The most common cancer in humans is

skin cancer*

lung cancer

bowel cancer

breast cancer

The three types of ultraviolet radiation are

UVA, UVB and UVC *

AUV, BUV and CUV

UV1, UV2 and UV3

UV blue, UV purple and UV mauve

One of the types of UV radiation does not reach the surface. This is

UVA

UVB

UVC *

UV blue

The least common type of skin cancer is

carcinoma

sarcoma

melanoma *

haemangioma

The following surfaces have high indirect UVR levels

Snow and sand *

Grass and dirt

Trees and cement

Pavers and flower beds

You should protect yourself when the sun when the UV index is

0

1

2

Above 3 *

Cancer cells that can spread throughout the body are called

benign

malignant *

tumour

metastasis

The lump caused by cancer is called a

tumour*

tunnel

trouble

pimple

On the electromagnetic spectrum ultraviolet rays are lower in energy than

visible light

X-rays *

microwaves

infra-red rays

It is safe to get a tan

In a solarium

On a cloudy day

At the beach

Never *