

KNOW THE DANGERS

BE SAFE FROM SUN



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PAKISTAN
LIFE SAVING



PAKS RESCUE

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The best way to enjoy the sun safely and protect your skin from sunburn is to use a combination of shade, clothing and sunscreen. Here are following tips to save you from sun burnt:

PALS SAFETY TIPS

- Cover up with clothes, a hat and sunglasses.
- Use a sunscreen with a protection level of at least SPF15 and 4 stars. Use it generously and reapply regularly.
- One of the best ways to protect your skin from the harmful effects of the sun's UV rays is to spend some time in the shade.
- Along with shade, another way to protect your skin from the sun is with clothing, a wide-brimmed hat and good quality sunglasses.
- Sunscreens will not protect us completely from sun damage on their own. However, they can be useful for protecting the parts of skin we can't shade or cover. This is why we recommend using sunscreens together with shade or clothing to avoid getting too much UV exposure.

These safety tips are provided by PALS Lifeguards in accordance with international standards on Aquatic Safety.

250+ cases of drowning every year along the beaches of Karachi. PALS has been able to contain this drowning rate to 'near zero' since 2004 to date.

