





## Activity – What’s the risk?

### Activity sheet A – What’s your risk?

The strength of the Sun’s UV radiation is expressed as a solar **UV index**. The higher the value of the UV index, the greater the danger from the Sun and the less time it takes to damage your skin. UV radiation can pass through cloud, so the UV index can be high even when the Sun isn’t shining. To work out your **burn risk** at any time, you need to know your **skin type** and the UV index.

- 1 What is the UV index?
- 2 a) List five factors that affect the value of the UV index.  
b) For each factor, explain why this affects the UV index.
- 3 Which factors do the Met Office include in their forecasts of the UV index?
- 4 Which two factors do you need to consider when calculating the risk of sunburn on any day?
- 5 a) i) Describe three characteristics of a person with type I skin.  
ii) Suggest reasons why people with type I skin get sunburn easily.  
b) i) Describe three characteristics of a person with type VI skin.  
ii) Suggest reasons why people with type VI skin are less likely to get sunburn.  
c) Complete the table below.

Skin type	UV index value	Risk of sunburn
I or II		
III or IV		
V		
VI		

- 6 a) What is the UV Index where you are today?  
b) i) What skin type do you think you have?  
ii) Is your risk of sunburn high, medium or low today?
- 7 a) Look at the UV index forecast for Europe today. In which countries would your risk of sunburn be:  
i) low?            ii) medium?            iii) high?  
b) i) Would your answers be different if you checked at different times of year?  
ii) Explain your answer.