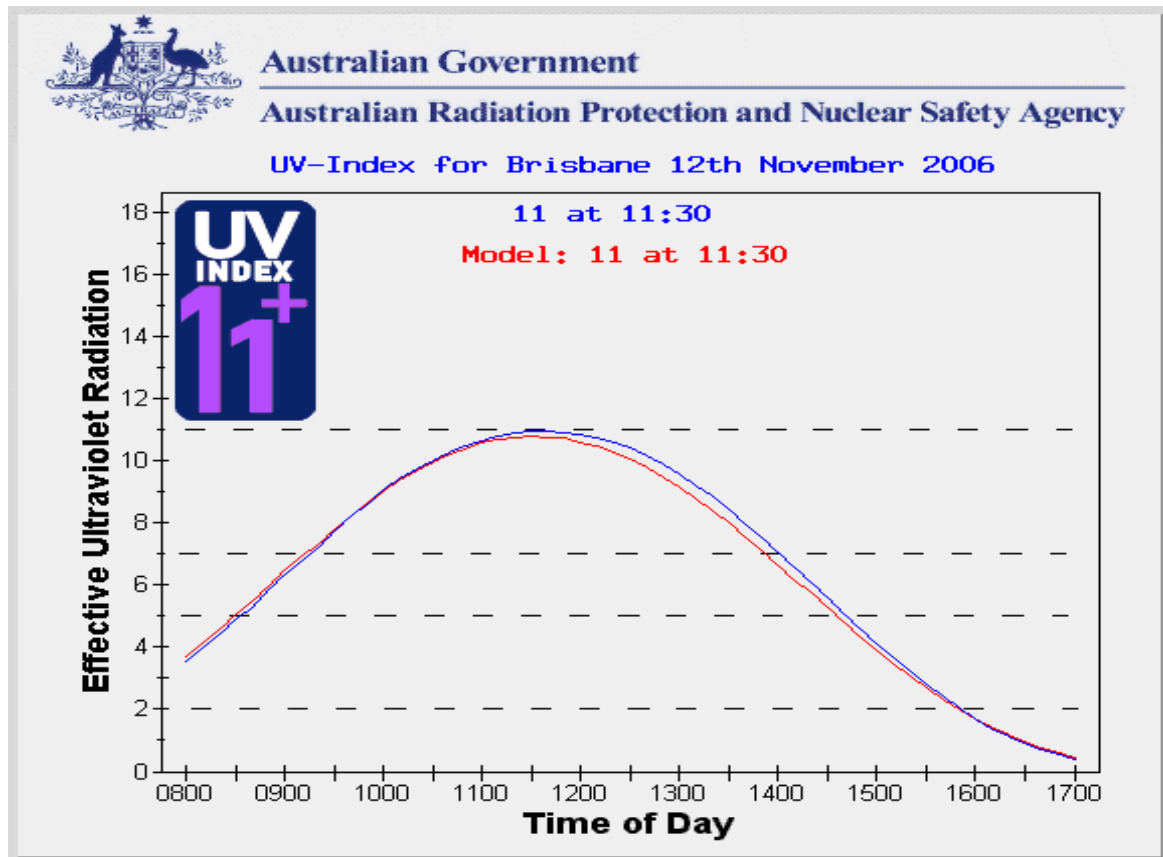


## DAYLIGHT SAVING AND UV EXPOSURE IN SEQ

SEQ because of its early solar time has the same UV index value at 8:00am and 3:00pm. **At present, school children in SEQ are therefore exposed to the same levels of UV on their way to school as when they return from school.**



<b>0 – 3</b> <i>Low</i>	<b>3 – 6</b> <i>Moderate</i>	<b>6 – 8</b> <i>High</i>	<b>8 – 11</b> <i>Very High</i>	<b>11 – 15</b> <i>Extreme</i>
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Daylight saving would shift the UV index curve to the right which would cause less UV exposure on the way to school and more UV exposure on returning from school. The curve is flatter in the early afternoon so this would result in a slight net increase in daily UV exposure while going to and from school (**Table 5**). However with daylight saving any outdoor activities at school before 12:45pm would result in less UV exposure (**Table 6**).

**Table 5: UV Index with and without daylight saving in Brisbane in November**

<i>Time</i>	<i>8:00 – 8:30am</i>	<i>2:30 – 3:00pm</i>	<i>Combined Average</i>
<i>No daylight saving</i>	<b>4,0 – 5,5</b>	<b>5,5 - 4,0</b>	<b>4,0 – 5,5</b>
<i>Daylight saving</i>	<b>2,0 - 3,0</b>	<b>8,2 - 7,0</b>	<b>4,5 – 5,6</b>

School children would have less UV exposure with any morning outdoor activities. This would especially benefit the Saturday morning sports activities and Nippers on Sunday mornings.

**School children in SEQ would therefore probably have no change in UV exposure with daylight saving.**

**Tradesmen and other outdoor workers in SEQ would have less UV exposure before 12:45pm with daylight saving.** After 12:45pm, workers would have a higher UV exposure but as most outdoor workers have more working hours before 12:45pm there would be a net decrease in UV exposure (*Table 6*).

***Table 6:* UV Index with and without daylight saving in Brisbane in January**

<i>Time</i>	<i>6:00 – 7:00am</i>	<i>7:00 – 8:00am</i>	<i>8:00 – 9:00am</i>	<i>9:00 – 10:00am</i>	<i>10:00 – 11:00am</i>
<i>No daylight saving</i>	0,5 – 2,0	2,0 - 4,0	4,0 – 6,2	6,2 -9,1	9,1 -11,8
<i>Daylight saving</i>	0,1 – 0,5	0,5 – 2,0	2,0 – 4,0	4,0 – 6,2	6,2 – 9,1

UV exposure for early morning and late afternoon outdoor activities would be unchanged with daylight saving (*Table 7*).

***Table 7:* UV Index with and without daylight saving in Brisbane in January**

<i>Time</i>	<i>6:00 – 7:00am</i>	<i>7:00 – 8:00am</i>	<i>4:00 – 5:00pm</i>	<i>5:00 – 6:00pm</i>	<i>6:00 – 7:00pm</i>
<i>No daylight saving</i>	0,5 – 2,0	2,0 - 4,0	2,0 – 0,5	0,5 – 0,1	0,1 - 0
<i>Daylight saving</i>	0,1 – 0,5	0,5 – 2,0	4,0 – 2,0	2,0 – 0,5	0,5 – 0,1

Sun protection (hat, clothing and F30 sunscreen) decreases UV exposure by 97%. This would effectively negate the clinical effect of any slight increase or decrease in UV exposure.

**Sun protection is far more important than any slight increase or decrease in UV exposure that would occur as a result of daylight saving. There is no scientific evidence that daylight saving increases or decreases the incidence of skin cancer.**