



UV CONTROL

seawatch

eyes & skin protection








# seawatch

▶ This unique watch with UV sensor has been developed in order to help you to protect your eyes and skin from UV radiation.

## The Global Solar UV Index (UVI)

The UVI is a simple measure of the UV radiation level at the Earth's surface. It has been designed to indicate the potential for adverse health effects and to encourage people to protect themselves. The values of the Index range from zero upward and the higher the Index value, the greater the potential for damage to the skin and eye, and the less time it takes for harm to occur.

Everyone is exposed to ultraviolet (UV) radiation from the sun. Small amounts of UV radiation are beneficial to people, and play an essential role in the production of vitamin D. However, overexposure to UV radiation is responsible for two major public health problems: skin cancer and cataract.

UV index	UV strength
	LOW
	MEDIUM
	HIGH
	VERY HIGH
	EXTREME

## The basic sun protection messages

- Limit exposure during midday hours.
- Seek shade
- Wear protective clothing. Wear a broad brimmed hat to protect the eyes, face and neck
- Protect the eyes with wrap-around-design sunglasses or sunglasses with side panels
- Use and reapply broad-spectrum sunscreen of sun protection factor 15+
- Protect babies and young children

Staying out of the sun, either indoors or in shaded areas, during the four hour period around solar noon when UV radiation levels are highest is an effective means of protection. It should be combined with using clothing, hats and sunglasses. Sunscreen should be applied to parts of the body that remain exposed, like the face and hands. However, sunscreen represents a last line of defence, and should never be used to prolong the duration of sun exposure.



JDC ELECTRONIC SA  
Rue des Uttins 40  
CH-1400 Yverdon

Switzerland  
www.jdc.ch  
info@jdc.ch