

THE HAT SCALE

better than nothing better yet way better best of all



wear sunscreen, sunglasses,
cover-up clothing & a hat

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Wear tightly-woven hats with a 3 to 4-inch brim all the way around. They can help reduce direct UV exposure to the head, face and neck by as much as 50%. Hats with a UPF rating may reduce this exposure even more.

A hat with UPF 50, for instance, allows just 1/50th of the sun's UV to reach the skin. So, a UPF 50 hat blocks 98% of the sun's harmful rays - UVA and UVB.

Even if your hat doesn't have a UPF label, you can up your personal protection factor by choosing headgear wisely.



LOOK FOR HATS WITH:

- **Wide Brims:** Hats with a 3 to 4-inch brim all the way around protect your face, ears, head and neck. Examples include bucket, cowboy, outback, and Panama hats.
- **Long Flaps:** Hats with a long flap in the back provide extra ear and neck protection. An example is a Legionnaire hat.
- **Dark Colors:** Darker colors absorb UV better than lighter colors.
- **Dense Materials:** The more dense the fabric or weave, the higher the UPF. Look for closed-weave fabrics like denim or canvas, or tightly-woven straw.