

# Cod: 0901 U.V. INDEX card

- Supporto in carta da 250 gr/mq
- Formato chiuso: 8,5 x 5,5 cm
- Formato aperto: 16,6 x 5,5 cm
- Stampa a 4+4 colori
- Fustellata
- Con indicatore della presenza ed intensità dei raggi UV rilevabili attraverso la scala di colore ed il relativo valore UV Index (da 1 a 11 livelli)
- Area UV sensibile di 6 cmq. che cambia colore
- 2 lati plastificati

- Paper support 250 g/m<sup>2</sup>
- Open size cm 16,6 x 5,5
- Closed size cm 8,5 x 5,5
- 4 + 4 colour printing
- Die-cut
- UV sensitive area 6 cm<sup>2</sup> changing colour according to UV Index values (from 1 to 11 levels)
- 2 sides laminated

The Universal UV Index (UVI) developed by the U.S. National Weather Service and the EPA (Environmental Protection Agency) describes the level of the sun's UV radiation that reaches the earth's surface. The UV Index scale goes from 1 to 11. With increasing values the risk of damage to eyes and skin increases, while the time within which such damage may occur decreases. Sunburn represents the most well-known effect caused by excessive exposure to UV radiation; in the long term, the degenerative alterations induced by UV radiation on cells, fibrous tissues and blood vessels will lead to premature skin aging, inflammatory reactions of the eyes and skin cancer.

#### HOW TO PROTECT YOURSELF AGAINST THE SUN:

- Always check the UV Index values before exposing yourself to the sun.
- Avoid burns, which increase the risk of skin cancer.
- Stay in the shade or limit your exposure to the sun between noon and 4 pm.
- Wear a wide-brimmed hat to protect your eyes, face and neck.
- Protect your eyes by wearing sunglasses.
- Use and frequently reapply sunscreens with broad spectrum filters.
- Increase the level of protection when near water or snow, which reflect the sun's rays.
- Include in your diet vitamin D rich foods or dietary supplements which contain it.
- Remember that it is especially important to protect babies and children of all ages.

www.ips-srl.com made by I.P.S. - Milan +39 025279641

Ref. Pending

## UV • INDEX-CARD

UV Index values



Reference colour scale



Sunlight sensitive area



**PHOTOTYPE 1:** Very fair skin, freckles, red hair, pale eyes.  
**PHOTOTYPE 2:** Fair skin, blond or brown hair, pale eyes.  
**PHOTOTYPE 3:** Normal skin, dark hair, dark eyes.  
**PHOTOTYPE 4:** Slightly dark skin, black hair, dark eyes.

UV INDEX	J/m <sup>2</sup> / hour	Minimum exposure time before reddening (minutes)			
		PHOTOTYPE 1	PHOTOTYPE 2	PHOTOTYPE 3	PHOTOTYPE 4
1	90	133	167	233	300
2	180	67	83	117	150
3	270	44	56	78	100
4	360	33	42	58	75
5	450	27	33	47	60
6	540	22	28	39	50
7	630	19	24	33	43
8	720	17	21	29	38
9	810	15	19	26	33
10	900	13	17	23	30
11	990	12	15	21	27

Table 1

#### Instructions for use:

- Expose the sensitive area of the card to the sun for about 15 seconds.
- Match the colour that appears in the sensitive area (from light to dark blue) against the reference colour scale and the corresponding **UV Index** value.
- Identify your phototype in Table 1 to determine the minimum exposure time before reddening will occur, based on the **UV Index** reading. Beyond the minimum exposure time, unless the recommended protection is applied, there will be a risk of skin reddening and burns.

**UV Index** Card is reusable: long and pointless exposures to the sun can reduce its precision and life span.

Knowing your phototype is important for determining your personal sensitivity to sun exposure, as well as how long it is likely to be before your skin reddens. Table 1 specifies reddening times based on phototype and **UV Index**.

Questo prodotto può essere realizzato su misura e modificato in ogni suo elemento.  
 I campioni forniti possono avere caratteristiche diverse da quelle indicate.

This product can be tailor-made, produced on different supports and modified in all its elements.  
 The samples supplied can have different features.

Cet article peut être réalisé sur mesure, sur des supports différents, et tous ses éléments peuvent être modifiés.  
 Les échantillons fournis peuvent présenter des caractéristiques différentes.

Este producto puede ser fabricado a su medida, hecho en diferentes materiales y modificar todos sus elementos.  
 La muestra que se suministra puede tener características diferentes.



**International Products & Services srl**

Via Civesio, 6 - 20097 San Donato Milanese - Milano (Italy)

Phone +39.025279641 (4 lines a.r.) - Fax +39.025230773

Email: info@ips-srl.it - Web site: www.ips-srl.com