



'Cover up' over window glass!

I KNOW it's as rare as a politician telling the truth, but haven't we enjoyed the latest spell of overdue sunshine.

We see so few hours of solar enrichment that at the merest glimpse of the sun we strip off to get as much vitamin D as we can before a dark cloud appears on the horizon.

But there is a risk to having all this flesh in the hope of gaining a tan, especially if you are travelling in a car it seems.

Research now shows that many people are unaware that the majority of car windows, including tinted ones, do not block harmful UVA rays which can damage the skin and can lead to people developing skin cancer.

The survey, carried out by Solar Gard, makers of UV-rejecting film for car windows, found that of the 1,000 people questioned only eight per cent regularly apply sun cream when they get behind the wheel; 39 per cent did not realise that normal windscreen glass does not block UVA rays; and just 12 per cent of parents regularly apply sun screen to their children in the car.

When you consider that by the age of 25 a typical adult in the UK will have spent 3,500 hours in the car, long-term damage is unavoidable if you do not 'cover up' in the car.

