

QUESTION 1

SPEED

You know the sun damages your skin, but follow these survival tips and you can still come out of your cave long enough to enjoy it. We literally can't live without the sun, but increased awareness of its powerful and potentially dangerous effects has meant that living safely side by side with it is increasingly difficult. An understanding of the damage that too much of the wrong type of sun exposure can cause to our skin and our health has meant that the sun-sensible among us cover up at the first glimpse of rays. Yet, with a little care and consideration, we can still enjoy the sun.

Of all the environmental factors that damage our skin, sun exposure is the one we can control relatively easily. By demonstrating a little discipline and limiting exposure of the skin to less intense and harmful rays of the day, we dramatically reduce the risk of causing damage. Remember to limit time in the sun all year round, harmful UV rays can penetrate clouds. Even snow reflects UV [20 wpm] rays and can cause severe sunburn.

max = 10e

It is well and good taking care when we intentionally expose our skin to the sun. There are occasions when sitting in traffic with a bare arm out of the window, working in the garden or even shopping. Very simple [25 wpm] top-to-toe basics include wearing tightly-woven fabrics that have fewer or smaller holes between the threads; wearing darker colours because they absorb rays better than lighter ones; wearing a wide-brimmed hat or cap with a flap at the back, [30 wpm] and wearing sunglasses every day.

max = 11e

max = 12e

According²² to²¹ studies²⁰ in¹⁹ America,¹⁸ people¹⁷ who work¹⁶ outdoors^{15F} have^{14P} more¹³ chance¹² of developing¹¹ skin¹⁰ cancer⁹ than⁸ those⁷ who⁶ work⁵

QUESTION 1

SPEED

indoors¹⁰ because, over⁹ a lifetime⁸, they receive⁷ up to⁶ eight⁵ times more⁴ exposure³. It is important² [35 wpm] to make sure you are covered up during working hours and work in the shade where possible. Even when indoors, take care of sun exposure through windows.

max e = 14

People who live or work close to the equator, at altitude or in locations with many sunny^{40 wpm} days have a higher risk of sun exposure, sunburn and skin cancer. Remember, the thinning of the ozone layer increases exposure for everybody.

max e = 16

Your genetic inheritance plays a large role in determining the impact of sun exposure on your skin. People^{45 wpm} with a family history of skin cancer have a greater risk of developing it themselves. Also, your own characteristics make a difference. People with fair skin and those with red or blonde hair who freckle easily are at greater risk. Take a^{50 wpm} look at your mother to see how she has weathered the elements. If she is showing signs of ageing, you must be more careful about protecting yourself.

max e = 18

max e = 20

If you ran wild as a child without so much as a thought of sun protection, don't think it is too^{55 wpm} late to start protecting yourself. It is exposure over a lifetime that counts. Even so, you must do as much as possible now to protect your children. Certain characteristics of young skin make it particularly vulnerable. It is thinner, less^{60 wpm} able to tan and more likely to burn.

max e = 22

max e = 24

Of course it is covering up that is the most miserable part of sun protection. Who wants to sit bandaged from head to toe in the shade of a tree when they could be in a bikini on a sun-

QUESTION 1

SPEED

kissed beach. Sunscreens [65 wpm] are getting better at blocking
out more of the sun's harmful rays but no lotion gives
complete, guaranteed protection. If you want to enjoy the sun,
re-apply sunscreen regularly - that is every two hours or more
if you've been swimming. [70 wpm]

max e = 26

max e = 28

Choose the right sun protection factor. The rating tells you
how well the product blocks rays that cause sunburn. To reduce
the ageing effects of the sun's rays, use properly formulated
after-sun lotion, gel or cream. Check before buying and
applying. If your skin looks tanned, you still need
protection.

[75 wpm]
max e = 30

Forego a natural tan and fake it with one of the many self-
tanning products available. They give your skin a great glow
and it will instantly look as though you have had a
holiday. [80 wpm]

max e = 32

[60]

MARK SCHEME FOR TIMED ACCURACY TEST WITH A 10 MINUTE TIME LIMIT

20 to 80 words per minute

No of errors	Max errors	10	11	12	14	16	18	20	22	24	26	28	30	32
		Wpm	20	25	30	35	40	45	50	55	60	65	70	75
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2		53	53	54	55	56	56	56	57	57	57	57	58	58
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23					1	8	14	19	23	26	28	31	32	34
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31								4	9	14	17	20	23	25
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35									3	8	12	15	18	21
36									1	6	10	14	17	20
37									0	5	9	13	16	19
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42											2	6	10	13
43											1	5	8	12
44											0	4	7	11
45												2	6	10
46												1	5	8
47												0	4	7
48													2	6
49													1	5
50													0	4
51														3
52														2
53														1
54														0

VRAAG 1

SPOED

Jy weet die son beskuldig jou vel, maar met die wenke vir oorlewing kan jy lank genoeg uit jou grot kom om dit te geniet. Ons kan letterlik nie sonder die son leef nie, maar soos ons meer bewus raak van die ingrypende en potensieel gevaarlike gevolge daarvan, word dit al moeiliker om veilig met die son saam te leef. Die sonslimmes onder ons bedek ons wanneer die eerste strale uitkom, want ons weet dat te veel van die verkeerde soort sonblootstelling skade aan die vel en gesondheid aanrig. En tog, met 'n bietjie sorg en oorleg, kan ons steeds die son geniet.

Van al die omgewingsfaktore wat 'n mens se vel beskuldig, is sonblootstelling die een wat jy betreklik maklik kan beheer. Met dissipline om jou vel se sonblootstelling te beperk tot die minder skerp en skadelike strale van die dag, verminder jy die kans op beskadiging drasties. Onthou om dwarsdeur die jaar jou tyd in die son te beperk, want die skadelike UV-strale kan deur wolke dring. Selfs sneeu weerkaats UV-strale [20 wpm] en kan kwaai sonbrand veroorsaak.

max e = 10

Dis goed om sonsorg toe te pas wanneer jy opsetlik in die son kom. Daar is kere waar jy in die spitsverkeer sit met 'n kaal arm by die venster uit, of jy werk in die tuin of doen inkopies. Baie maklike [25 wpm] kop-tot-toon-wenke is om dig geweepte klere te dra wat minder en kleiner openinge tussen die drade het. Dra donker kleure, want hulle absorbeer strale beter as ligter kleure. Dra 'n wyerandhoed of 'n pet met 'n flap in die nek, en dra elke dag 'n sonbril [30 wpm] wat strale uitsny.

max e = 11

max e = 12

Volgens Amerikaanse navorsing het mense wat buite werk 'n groter kans om velkanker te kry as die wat binne werk, want hulle het tot agt keer meer blootstelling. Dis belangrik om tydens werksure bedek te wees en werk, waar [35 wpm] moontlik,

23 22 21 20 19 18
 17 16 F=15 P=14 13 12
 11 10 9 8 7 6
 5 4 3 2 1
 max e = 14

in die skaduwee. Selfs as jy binne is, moet jy bewus wees van sonblootstelling deur die vensters.

Mense wat naby die ewenaar, op hoogtes of in plekke met baie sonnige dae woon, loop 'n groter risiko op sonblootstelling, sonbrand en velkanker. [40 wpm] Onthou, die osoonlaag wat *max e = 16* dunner word, verhoog almal se blootstelling.

Erflike faktore speel 'n groot rol in die uitwerking wat sonblootstelling op jou vel het. Mense met 'n familiegeskiedenis van velkanker het 'n groter kans om *max e = 18* dit te [45 wpm] kry. Jou eie voorkoms maak ook 'n verskil. Mense met ligte velle en diegene met rooi of blonde hare wat maklik sproete kry, loop 'n groter risiko. Kyk hoe die jare jou ma behandel het. As sy tekens van sonskade toon, moet jy meer moeite doen [50 wpm] om jouself teen die son te beskerm. *max e = 20*

As jy as kind in die son geboer het sonder om twee keer aan beskerming te dink, is dit nie te laat om nou te begin nie. Dis blootstelling oor 'n leeftyd wat saak maak. Maar dit *max e = 22* beteken nie jy hoef jou kinders [55 wpm] ook so onbeskermd te laat speel nie. Hoewel velkanker gewoonlik by volwassenes voorkom, kan die ontwikkeling daarvan vermy word. Die ontwikkeling daarvan kan gekoppel word aan sonblootstelling as 'n kind. Sekere kenmerke van 'n jong vel is dat [60 wpm] dit *max e = 24* dunner is, moeiliker verbruin en makliker brand.

Dis nie lekker om die son uit te hou met langmouklere nie. Wie wil van kop tot tone aangetrek in die skaduwee sit as jy in 'n bikini op 'n sondeurdrenkte strand kan speel. *max e = 26* Beskermingsmiddels [65 wpm] word gelukkig al doeltreffender met die blokkering van die meeste van die son se skadelike strale, maar nie een gee totale, gewaarborgde beskerming nie. As jy die son wil geniet, moet jy gereeld weer room of olie

VRAAG 1**SPOED**

aanwend - as jy swem, is dit elke [70 wpm] twee uur of selfs
meer gereeld. *max e = 28*

Kies die regte sonbeskermingsfaktor. Dit dui aan hoe goed
die produk die strale wat sonbrand veroorsaak, blokkeer. Om
die verouderende effek van die son se strale teen te werk,
moet jy ook 'n goeie room of jel gebruik [75 wpm] vir nasonsorg.
max e = 30

Die beste is nog om glad nie in die son te bak nie en 'n
sonbruin kleur na te maak. Die vele kits sonbruinmiddels wat
beskikbaar is, gee jou vel 'n baie mooi gloed en jy sal
dadelik lyk asof jy vir weke op 'n eilandvakansie was. [80 wpm]
max e = 32

[60]

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50													0	4
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53														1
54														0