

What, why, how? Everyday sunscreen protection

The electromagnetic radiation which reaches the Earth from the Sun has an extensive impact on life. Very high energy components of the solar spectrum, gamma rays and X-rays for example, are reflected by Earth's upper atmosphere, protecting us from these harmful forms of electromagnetic radiation. The most energetic radiation which reaches the Earth's surface are the longer wavelengths (>280 nm) of the ultraviolet region (UV, ~220-400 nm), specifically, the UVB (~280-315 nm) region and the shorter wavelengths of the UVA region (