


Protect Yourself Against Ultraviolet Radiation Picture This



Q What is **ULTRAVIOLET?**

A  *Ultraviolet, or UV, is a part of the light spectrum with a wavelength ranging from 100 to 400 nanometers. Thus, it is shorter than visible light but longer than X-Rays, as shown below.*

The Electromagnetic Spectrum

Diagram illustrating the Electromagnetic Spectrum, showing various types of radiation and their corresponding wavelengths (Short to Long):

- Cosmic Rays
- Gamma Rays
- X-Rays
- Ultraviolet Rays**
- Visible Light
- Infrared Radiation
- Micro-waves
- Radio Waves

Short Long

UV light is further classified into 3 wavelength ranges:

UV-C	UV-B	UV-A
100–280 nm	280–315 nm	315–400 nm

Source: <https://www.pinterest.com>