



# Tanning Risks and Important Information

## **Ultraviolet Radiation - Cancer Risk**

According to the Centers for Disease Control (CDC), indoor tanning exposes users to UV-A and UV-B radiation and has been linked with skin cancers including melanoma (the deadliest type of skin cancer), squamous cell carcinoma, and basal cell carcinoma, and cancers of the eye (ocular melanoma). Indoor tanning is particularly dangerous for younger users; people who begin indoor tanning during adolescence or early adulthood have a higher risk of getting melanoma.

The product is contraindicated for use on persons under the age of 18 years; the product must not be used if skin lesions or open wounds are present; the product should not be used on people who have had skin cancer or a family history of skin cancer; and people repeatedly exposed to UV radiation should be regularly evaluated for skin cancer. **A contraindication means that the product is not indicated for use on persons under the age of 18 years of age.**

## **According to the American Academy of Dermatology and Ohio Dermatological Association:**

The body needs a strong immune system to protect one from developing infections and cancers of all types. Children have immature immune systems, and the damage continues to accumulate across the lifespan. Meaning, the earlier the exposure to tanning radiation and the more exposure that occurs, the earlier the damage that will occur and the worse it will be.

## **Avoid Overexposure**

Overexposure may cause skin injury, eye injury, and possible allergic reactions. Tanning radiation ages the skin and can result in premature wrinkles and other damage to the skin, such as skin cancer. Repeated overexposure may cause aging of the skin, dryness, has been linked to skin cancer. It is recommended not to tan outdoors on days when you are tanning indoors, or if you currently have a sunburn.

## **Ultraviolet Radiation Sensitivity (Photosensitivity: unusual and unexpected increased sensitivity to ultraviolet rays.)**

The use of various drugs, food items, makeup, lotions, and some sunscreen products contain ingredients that may have a photosensitizing effect with the use of ultraviolet tanning equipment. Customers with any known medical conditions or customers who are currently taking any medications should consult their physician or pharmacist before using ultraviolet tanning equipment.

## **Protective Eyewear**

Failure to wear protective eyewear can result in severe burns or injury to the eyes, in addition to premature cataracts, glaucoma, macular degeneration and blindness.

## **Skin Typing**

Skin typing is a required assessment that is used to determine the appropriate tanning exposure schedule for an individual. The types of questions presented on the assessment are about sun sensitivity, natural coloring, recent tanning history, medications, and medical history. Each response is given a numerical value, after the certified operator reviews the questions with the client. The answers are tallied and an individual's sun sensitivity is determined by a score of 1-6. This level of sun sensitivity can then be used when utilizing the manufacturer's printed label for suggested tanning time.

## **Certified Operator**

A certified operator is an employee of a tanning facility who has successfully completed and passed a board approved training course and holds a board approved certificate. Every tanning facility is required to have a certified operator on duty at all times.



OHIO STATE BOARD OF COSMETOLOGY
TANNING CONSENT FORM

Signature on the consent form below is an indication that I have read and understand the risks factors of ultraviolet radiation and overexposure contained on the "Tanning Risks and Important Information" sheet provided. I understand that certain medical conditions and/or medications may cause a photosensitivity of the skin. I further understand that failure to wear protective eyewear may result in severe burns or injury to the eyes. It is also my understanding that a certified tanning operator must perform a skin typing assessment prior to tanning to determine an individualized exposure schedule.

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The following must be completed for any person under the age of 18, who intends to use sun lamp tanning services:

I (Print Name) being the parent or legal guardian of (Print Name of Minor) grant permission for the above named minor to receive tanning services at (Print Name of Tanning Facility).

Tanning Package Limitations - Requirements for individuals less than 16 years of age:

A consent must be signed by parent or legal guardian of the individual prior to EACH session. By signing this form, the Parent or legal guardian is certifying they are present at the tanning facility for the duration of any consented session.

Tanning Package Limitations - Requirements for individuals at least 16, but less than 18 years of age:

A consent must be signed by parent or legal guardian of the individual every ninety(90) days from the signature date below. The minor tanner shall not use the tanning facility for more than forty-five (45) sessions during the ninety-day (90) consent period. No session may be longer than the maximum safe time of exposure specified. Skin typing shall be performed and maintained on each individual prior to using the tanning facility.

Tanning Minor Date of Birth: Identification: Type of ID: (DL - driver's license, SI—state ID) ID Number: Expiration Date:

Proof of Legal Guardianship Provided (If Applicable): Type: County:

Signature of Parent or legal guardian: Date:

Signature of Tanning Facility Operator: Date:

The following must be completed for any person 18 years of age or older, who intends to use sun lamp tanning services:

This statement must be completed and signed to indicate an understanding of the risks associated with the use of indoor sunlamp products.

Age of individual (18+) was confirmed.

I (Print Name) have read and acknowledge the risk factors associated with the use of sunlamp product.

Signature : Date:

The following must be completed by all parents/legal guardians or individuals 18 years of age or older:

No recent prior exposure to a sunlamp product in the last 24 hours.

I (Print Name) have read and acknowledge the risk factors associated with the use of sunlamp products.

Signature

Date