



Public Health Risk Information for the Adult Tanning Salon Customer in the Capital Region

CRD Tanning Bylaw 3711

**NO UV TANNING
UNDER 18 YRS.**

Schedule B – Brochure format
JANUARY 2012

For more information contact:

CRD WEB Site -
<http://www.crd.bc.ca/bylaws/index.htm>

VIHA WEB Site –
<http://www.viha.ca/mho/contacts/hpes.htm>

HEALTH CANADA WEB Site –
<http://www.hc-sc.gc.ca/hl-vs/iyh-vsv/diseases-maladies/cancer-eng.php>

HEALTH RISK INFORMATION

For health and safety reasons, tanning in a commercial facility is now restricted to adults aged 18 and older within the Capital Regional District. Even though you are an adult, we, at the Vancouver Island Health Authority, want you to have the best possible information on which to base your decision, and to minimize your health risks, if you do use ultraviolet radiation (UVR) tanning equipment. This brochure will give you that information.

SAMPLE EXPOSURE LABEL

Manufacture: Sessions 1-3 Inc. 273 Industrial Drive, Harbour Maine, CT 34986-2980

Model: cobra USX; Serial Number: 9045234, Manufacturing Date: Mar 2010

To use, lie down under canopy and pull down as far as adjustment will allow. Do not use without clear plastic panels (or wire grid for models using wire grid) in place. WARNING: The use of any other position may result in overexposure.

Recommended Exposure Times in Minutes	Maximum Exposure Time is 12 Minutes.				
	Week 1 Sessions 1-3	Week 2 Sessions 4-6	Week 3 Sessions 7-10	Week 4 Sessions 11-15	Subsequent Sessions
I Sensitive (Burns easily and severely and does not tan)	NOT RECOMMENDED FOR TANNING				
II Light (Burns easily and severely and tans minimally)	2	4	7	10	12
III Normal (Burns moderately and tans average)	3	6	9	12	12
IV Dark (Burns minimally, tans easily and above average)	4	7	10	12	12

The minimum interval between consecutive exposures is 48 hours. Tanning normally appears after the first few sessions and maximizes after approximately four weeks. Tan once or twice per week thereafter to maintain appearance.

The yearly maximum exposure limit is 450 minutes.

The following lamps have been certified for use in the Cobra USX: Wolff Eternal Sun SX 100W 71" BiPin, Heraeus 400w facial lamp

FOR STARTERS:

- Follow the use instructions provided on the tanning equipment exposure label. The maximum amount of time described for your first and subsequent visit is based on your skin's ability to tan under the heading SKIN TYPE.
- The exposure label schedule on the tanning equipment does not protect you from long-term damage to the health of your skin; it only reduces your likelihood of getting a burn.
- As it says on the label, don't use the equipment if you only get sun burned when you are exposed to outdoor sunlight or tanning beds.
- If there is no label, do not use the bed.
- Always wear the appropriate eye protection at all times that the UVR bulbs are on.



SKIN CANCER CAN OCCUR IN ALL SKIN TYPES

The ultraviolet radiation (UVR) (including both UVA and UVB) produced in tanning beds can cause cancer in humans according to many medical experts including the International Agency for Research on Cancer. The amount of UVR emitted by the tanning bulbs is many times higher than the UVR from the sun at the equator at noon! The use of tanning beds increases your chance of getting all forms of skin cancer, including the most deadly, malignant melanoma.

The more you use tanning beds, the greater the chance of skin cancer.

The younger your age when you start using these tanning beds the greater the likelihood of getting cancer.

Fair skinned people are at higher risk of cancer, but darker skin types are not immune from getting skin cancer from exposure to UVR.

EYE DAMAGE

You must wear proper eye protection when using a tanning bed. Unprotected exposure to UVR can cause painful eye injuries, some being immediate and some of which are not felt until hours after leaving the tanning bed. Over time, without protection, cataracts and permanent eye damage may occur.



SKIN RASH/SKIN BURNS

Tanning bed use does not mix with some cosmetics and some medicines, including those bought over-the-counter. Before tanning, check with your doctor or pharmacist first about any prescription medications and over-the-counter medications and cosmetics you are using. Sometimes, a person may have a reaction to the light from the bulbs alone and develop an itchy rash after leaving the salon. Again, seek medical care if serious.



PRE-MATURE AGING

Tanning, regardless of the source of UVR, leads to premature aging of the skin.

You may have heard that tanning is beneficial because it provides your body with Vitamin D that you need. However, you can get the same benefit without the risks through a diet rich in Vitamin D or by taking an oral Vitamin D pill which costs only pennies a day. In the summer months, exposing your head, neck and arms to sunlight for only 15 minutes will give you full Vitamin D benefits.



PRE-HOLIDAY TANNING for SUN UVR PROTECTION?

At most, a pre-holiday tan provides a SPF of 2-4. Damaging your skin prior to departure to prevent further skin damage at your destination is not advised.

Health Canada recommends use of full spectrum (UVA+UVB filter) sunscreen with an SPF of at least 15 when enjoying the outdoors!

