

Guidelines for Tanning Salon Owners and Operators

Prince Edward Island



Health and
Wellness
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Guidelines for Tanning Salon Owners and Operators

Introduction

The Prince Edward Island (PEI) Department of Health and Wellness (DHW) discourages exposure to tanning rays, whether from natural or artificial sources due to the health risks associated with exposure to ultraviolet radiation. These risks include sunburn, premature skin aging, skin cancers, cataracts and other eye and skin diseases. When a person chooses to acquire or enhance a tan using a tanning facility, it is important for that person to be aware of the hazards, risks involved so they can make an informed decision about the amount of exposure they receive.

The purpose of this document is to provide guidance and direction to owners and staff of tanning facilities in PEI. These will provide standards of practice aimed at enabling an informed consent procedure and reducing exposure to tanning rays for vulnerable persons. Over the coming 12 months, the Office of the Chief Public Health Officer will assess the compliance of the tanning industry with these guidelines and this may inform any future decision regarding the formal regulation of the tanning industry.

Guidelines for Tanning Salon Owners and Operators

All tanning facility owners/operators and staff are expected to be aware of and adhere to the following guidelines. All facilities must follow the guidelines and are subject to audit by the Office of the Chief Public Health Officer, DHW.

1. Knowledgeable operators or staff members who can inform and assist the public in the safe use of tanning devices should always be on the premises during business hours. All staff should be familiar with these guidelines.
2. Each client will be assessed in relation to their skin type and skin condition prior to each tanning session (Appendix A). People with Skin Type 1 should not receive tanning. Anyone who has a skin infection, rash or other skin condition, personal or family history of skin cancer, or medications which cause phototoxic and photoallergic reactions should not use tanning equipment without first consulting a doctor.
3. Clients should be advised that they may have a delayed, adverse reaction to UV exposure like red, irritated and watering eyes, an itching skin rash or even sunburn. This delayed reaction can take anywhere from less than an hour to as long as a day and a half to develop. If a serious adverse reaction results, the client should be advised to consult their doctor. They should also be asked to notify the tanning salon operator of their reaction. Upon receipt of notification of an adverse reaction, the owner/operator should investigate the incident and implement whatever modifications are needed.
4. Under 18 age restriction and Informed Consent of Clients in commercial tanning facilities: Each owner/operator of a tanning facility will have a policy and procedures for obtaining and documenting the informed consent of each client. The consent process must demonstrate that the client is 18 years of age or older, does not have Skin Type 1, has been informed and understands the risks associated with tanning, has been informed and understands the procedures, requirements, and precautions to be taken during the tanning process and understands any after-tanning recommendations following tanning in a commercial facility. The client consent form included in Appendix B must be signed by all clients prior to using a commercial tanning unit in your possession.
5. A record of each client should be kept, including the assessment of the client's skin type and other relevant health history, any education and information provided, informed consent, information concerning the length and type of exposure, and any adverse reaction(s) experienced by the client.

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6. The display of mandatory health warnings: The following Health Warning must be displayed within immediate view of any person who enters the premises where a commercial tanning unit is located and in each cubicle that contains a commercial tanning unit.

TANNING UNITS EMIT ULTRAVIOLET RADIATION. EXPOSURE TO ULTRAVIOLET RADIATION MAY CONTRIBUTE TO SKIN CANCER AND SKIN AGEING AND REPEATED EXPOSURE MAY FURTHER INCREASE RISK. THE FOLLOWING PEOPLE WILL NOT BE ALLOWED TO BE EXPOSED TO ULTRAVIOLET RADIATION IN THIS FACILITY:

- ALL PEOPLE UNDER 18 YEARS OF AGE
- PEOPLE WHO HAVE FAIR SKIN WHICH BURNS EASILY (SKIN TYPE 1).

FURTHER INTENTIONAL EXPOSURE TO SUNLIGHT OR A TANNING UNIT MUST BE AVOIDED FOR THE NEXT 48 HOURS. PROTECTIVE EYEWEAR MUST BE WORN AT ALL TIMES WHILE UNDERGOING EXPOSURE TO ULTRAVIOLET RADIATION FROM A COMMERCIAL TANNING UNIT.

7. Eyewear is mandatory, the operator should provide each client/customer with ultraviolet radiation safety eyewear that complies with the Radiation Emitting Devices Regulations (Tanning Equipment) and covers the eyes securely. The client should be given instruction on the purpose of eye protection and how to wear the equipment. Protective eyewear used with sunlamps or tanning beds must meet three criteria. The eyewear must have a spectral transmittance that is:
- a) not more than 0.001 over the wavelength range from 200 to 320 nm;
 - b) not more than 0.01 over the wavelength range from 320 to 400 nm; and
 - c) sufficient over wavelengths greater than 400 nm to enable the user to read the labels and use the controls mentioned in the requirements. (Radiation Emitting Devices Act)
8. Frequency of use: Tanning bed owners/operators shall not permit clients to use the facility more frequently than every 48 hours.
9. Restrictions on advertising: No advertising is permitted by tanning salons which makes "health claims" or promotes tanning salons as a "safe form of tanning".

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10. The owner/operator of any tanning facility shall have policies and procedures that address infection control and ensure that common contact surfaces, including protective eyewear, are cleaned and disinfected between each use, with an appropriate disinfectant. Clients may wish to purchase their own eyewear which meets the requirements outlined in section #7.
11. All tanning facility owners/operators and staff should comply with Federal regulations and guidelines for tanning facilities in Canada. All tanning equipment must comply with the appropriate regulations under Health Canada's Radiation Emitting Devices (RED) Act.

Operators must check with their equipment supplier to ensure that sunlamps, tanning beds and any associated apparatus being purchased are in compliance with the RED Act. Ultraviolet radiation warning labels, compliant with the Radiation Emitting Devices Regulations (Tanning Equipment) Section 5, should be clearly and obviously posted on each piece of tanning equipment and/or in each cubicle that contains a commercial tanning unit. The labels should be designed to warn clients about ultraviolet radiation and its harmful effects on health.

All tanning facility owners/operators should consult with Health Canada's guidelines for tanning salon owners, operators and users (2005) for further requirements. A copy of the Prince Edward Island guidelines and Health Canada guidelines should be available within facilities or in the client reception area.

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Acknowledgment

Adapted from the New Brunswick Guidelines for Tanning Salon Owners and Operators (Office of the Chief Medical Officer of Health, November 2010).

References

Health Canada (2005). Guidelines for Tanning Salon Owners, Operators, and Users. <http://www.hc-sc.gc.ca/ewh-semt/pubs/radiation/tan-bronzage/safety-directrices-eng.php> Retrieved June 28, 2010.

Saskatchewan Labour (2006). Guidelines for Tanning Salon Owners and Operators. Regina: Occupational Health and Safety Division, Radiation Safety Unit.

Health Canada (2005). Radiation Emitting Devices Act, Tanning Equipment ,Vol. 139, No. 4 — February 23, 2005 website.

Victorian Government Health information, Information for solarium businesses. Radiation Amendment (Tanning Units and fees) Regulation 2008, Victorian Government, Australia

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Appendix A – Skin Types

Type	Name	Tanning Behavior	Hair and eye color
1	Very light, “Nordic” or “Celtic”	Often burns, occasionally tans	Tends to have freckles; red, brown, auburn, chestnut, or blond hair; blue, hazel, green or grey eyes
11	Light, or light-skinned European	Usually burns, sometimes tans	Tends to have light or dark hair; blue, green, hazel, brown or grey eyes
111	Light intermediate, or dark-skinned European	Rarely burns, usually tans	Usually has brown hair; blue, green, hazel, brown or rarely, dark brown eyes
1V	Dark intermediate, also “Mediterranean” or “olive skin”	Rarely burns, often tans	Tends to have black to dark brown hair or may have lighter; blue, green, hazel, brown or dark brown eyes
V	Dark or brown type	Naturally brown skin	Black hair; brown or hazel eyes
V1	Very dark, or black type	Naturally black-brown skin	Black hair; dark brown eyes, with minor variations

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Appendix B – Client Consent Form

Client Consent Form

Please read carefully the following information:

1. Exposure to ultraviolet radiation such as from a tanning unit contributes to the skin ageing process and may cause skin cancer.
2. People with fair skin who are unable to tan will not be allowed to undergo exposure to a commercial tanning unit.
3. Intentional exposure to a tanning unit should be avoided for 48 hours before and after tanning unit exposure.
4. Protective eyewear must be worn at all times while undergoing exposure to a commercial tanning unit. You must not read while the commercial tanning unit is in operation.
5. There is additional risk, and tanning unit exposure is not recommended if you:
 - (a) have ever been treated for solar keratoses or skin cancer;
 - (b) have a large number of moles, freckles and/or naevi;
 - (c) have a history of frequent childhood sunburn;
 - (d) burn easily;
 - (e) have ever suffered from an abnormal reaction, or allergy, to light.
6. There may be further risk if you are pregnant, taking certain oral medications or applying medications or certain cosmetics to the skin. If there is any doubt in your mind in relation to any of the particulars described in items 2, 5 and 6 above, consult your doctor before undergoing any Ultraviolet exposure.

I, _____, am aged 18 years or over, acknowledge that the trained operator has made an assessment of my skin type, and have carefully read and fully understand the above information and choose to undergo ultraviolet exposure in this establishment.

Signed: _____ Date: _____

Name of establishment: _____