SAFETY IS YOUR RESPONSIBILITY

SUNBED SALONS

As a proprietor of a business it is YOUR responsibility to ensure that measures are in place to safeguard the health and safety of your customers and anyone else who may be affected as a result of the business undertaking.

ADVICE TO SALON OWNERS

The following health and safety information is intended for owners and proprietors of premises where solaria or sunbed equipment is used.

Client Information

Before clients are allowed to use tanning equipment the operator must make the user aware of the following information and of certain safety precautions prior to embarking on a course or just one session.

Either a summary of the following information or the Health and Safety Executive IND (G) 209 Poster for customer information must be displayed in every sunbed room.

Ideally the information, together with a list of those types of clients who may be at a higher risk than normal when using sunbeds, should be given in a leaflet format for clients to study at their leisure.

NB: Wall mounted information is unlikely to be read.

Client Sunbed Safety Awareness

IMPORTANT INFORMATION TO BE PROVIDED TO ALL CLIENTS PRIOR TO UNDERTAKING A SUNBED SESSION:

- As with solar radiation (sunlight), exposure to artificially produced Ultra Violet Radiation (UVR) may injure the eyes and burn the skin. UVR exposure can also age the skin prematurely as well as increase the risk of developing skin cancer or eye problems.

Clients should consider the following:

- Skin preparation such as cosmetics, deodorants, perfumes and soaps may also increase your sensitivity to UVR. Remove all these as far as possible by showering prior to exposure.

More advice overleaf →
The following clients SHOULD NOT use sunbeds:

- Pregnant women (Although there is no evidence that UVR can penetrate the abdominal cavity and reach the foetus, UVR exposure is not advised as pregnant women are more susceptible to heat, stress and fainting.)
- Children under the age of 16.
- People with a large number of moles (over 20) on their body.
- People with fair skin and freckles.
- People with natural red or fair/white hair.
- People who have had radiation treatment.
- People who tan with difficulty or burn easily in the sun.
- People who suffer from heart or circulatory problems, high or low blood pressure, epilepsy, back problems, giddiness/fainting, cold sores, migraine, eye infections, kidney/urinary problems, allergies, herpes/HIV, lupus, acne, dermatological problems, diabetes or from any other similar condition which may result in sensitivity to UVR, light or heat.
- People who have given blood in the last 6 hours.
- People who have had an organ transplant.
- People who are taking medication – including antibiotics, tranquillisers, diuretics, immuno-suppressant drugs, certain birth control pills or any other medication which increases the skin’s sensitivity to the sun (N.B. The labelling accompanying medicines normally indicates if the medicine is photosensitive). You must consult your doctor on these issues before using a sunbed.
- People who have consumed alcohol within 90 minutes of arriving.

Duration / limitation of sunbed UV exposure

PRIOR TO ANY EXPOSURE THE OPERATOR MUST ENSURE THAT:-

- Adequate information is to be made available to the client to make an informed decision whether to undergo exposure and on the regime to be followed.
- This should be based on medical information from the client. As far as practicable, each customer is advised of a suitable exposure regime according to their skin type (see table on Page 3), previous exposure, enhanced sensitivity and intensity of UVR from sunbed type (refer to manufacturer guidelines). Note: As the enhanced sensitivity to UVR of some clients may not be obvious, initial exposure should be of restricted duration.
Table showing skin types related exposure to ultra violet radiation.

<table>
<thead>
<tr>
<th>Skin Type</th>
<th>Unexposed skin colour</th>
<th>UV sensitivity</th>
<th>Minimum UV dose before burning occurs</th>
<th>Sunburn/ Tanning history</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>White</td>
<td>Very sensitive</td>
<td>150 – 300</td>
<td>Always burns easily, never tans</td>
</tr>
<tr>
<td>II</td>
<td>White</td>
<td>Very sensitive</td>
<td>250 – 350</td>
<td>Always burns easily, minimal tanning</td>
</tr>
<tr>
<td>III</td>
<td>White</td>
<td>Sensitive</td>
<td>300 – 500</td>
<td>Burns moderately, tans gradually (light brown)</td>
</tr>
<tr>
<td>IV</td>
<td>Light brown</td>
<td>Moderately sensitive</td>
<td>450 – 600</td>
<td>Burns minimally, tans well (moderate brown)</td>
</tr>
<tr>
<td>V</td>
<td>Brown</td>
<td>Minimally</td>
<td>600 – 1000</td>
<td>Rarely burns, tans profusely (dark brown)</td>
</tr>
<tr>
<td>VI</td>
<td>Dark brown/ black</td>
<td>Insensitive</td>
<td>1000 – 2000</td>
<td>Never burns, deeply pigmented (black)</td>
</tr>
</tbody>
</table>

**Note:** Skin types I and II are unlikely to tan when using a sunbed.

**Protective eyewear**

Direct exposure to UVR of unprotected individuals' eyes may result in acute or long-term damage. It is advisable to place signs in/around the sunbed equipment, advising that 'failure to wear protective eyewear may result in eye damage'. It is essential that suitable protective eyewear is provided and worn. This should totally cover the eyes and should not fall off when the client changes position.

- Ordinary sunglasses or glasses that absorb visible light can be harmful, as they can cause the pupils to dilate and therefore allow UVR to enter the eye.
- Closing eyes or placing cotton wool over them is inadequate and cases of photokeratitis have been reported after this procedure has been adopted.
- Goggles should be cleaned between client uses or individual client goggles worn.

**Information to be provided clients following the use of a sunbed**

- **DO NOT** sunbathe outside on the same day as a sunbed is used.
- After sun lotion may be used following the session.
- Allow at least 24 hours between each sunbed session as erythema (reddenning of the skin caused by dilation of the blood capillaries near the surface) effects are delayed.
- **NEVER** exceed the number of sessions recommended. The Health and Safety Executive recommend a maximum of 20.
- If at any time you notice lumps, sores or unusual moles on your skin, consult your GP immediately.

For further advice on sunbed and tanning equipment safety issues or any other aspect of health and safety, you can contact the Health and Safety section of Environmental Health Services on **(0113) 2476284** or env.health@leeds.gov.uk