



# on the Sunny Side

## Tanning Newsletter

Fall 2006

Division of Environmental Health ~ Radiation Protection Section

### Review the Details



**Going out of Business:** If you are closing your business, you are required to submit an affidavit of your intent to no longer offer tanning services. Seasonal businesses are not exempt from annual fees.

**Remote Timers:** Effective 2004, all tanning equipment must be installed with timers outside of the tanning room(s). Only a certified operator may set the timer.

**Eyewear:** In accordance with North Carolina and Federal regulations, registrants are responsible for providing U.S. Food and Drug Administration-compliant eyewear. For the consumer's protection, the manufacturer's instructions state eyewear must be worn and strings attached while the client is tanning.

**Consumer Statement:** All consumers must sign a consumer statement indicating they have read and understand all warnings associated with indoor tanning..

### Registration FAQs



#### When Does My Registration Expire?

Registration certificates are issued annually and expire Aug. 29 of each year. A renewal or amendment packet will be mailed to each facility prior to this date. Facility accounts will be deemed delinquent if they are not paid and renewed, or if the required termination paperwork has not been submitted.

#### What Should I Do If I Add or Delete Units?

Changes in registration must be reported – in writing – within 30 days. An amendment form was included in your initial registration, and it is also available online and is included with your invoicing information.

#### What If I Sell My Business or My Units?

If you cease to offer tanning services, you must notify the section in writing. Please provide the name and address of individuals to whom you sold the tanning equipment. A 'request for termination' form was included in your initial registration packet and can be found online.

#### Does my Training Certificate Expire?

No; however, if you have lost or misplaced your tanning certificate, contact your tanning operator trainer for a duplicate copy.

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### Check out our Web site!

[www.ncradiation.net](http://www.ncradiation.net)

You can now find information on our Web site about the following topics:

- ☛ Tanning Program
- ☛ Forms and Educational Materials
- ☛ North Carolina Regulations
- ☛ Staff Directory
- ☛ EMF/Lasers

## Your Compliance Questions Answered



### I need to replace my lamps. How can I be sure the lamps I purchase are compatible with my equipment?

When ordering new lamps or replacement lamps, always refer to the original lamp type label on your unit. The lamp type label is located in the same area as the danger statement on your tanning unit. The lamp type label can also be found in the lamp manufacturer's manual.

Tell your service provider what lamp type your label requires and ask them to send you proof of compatibility or user instructions prior to shipment. Lamps must show direct compatibility to the lamp type for your unit. Service providers can answer any questions regarding lamp compatibility and correct documentation. The section can also assist with questions and concerns regarding lamp compatibility.

Reading a User Instruction Guide Example:

| Original Lamp (the lamp listed on your Unit) | Replacement Lamp       |
|----------------------------------------------|------------------------|
| TanMe F71 T12 100W →                         | SunMe F71 T12 100W     |
| →                                            | SunYou F71 T12 100W    |
| →                                            | SunMePlus F71 T12 100W |
| TanMe F73 T12 100W →                         | SunMe F73 T12 100W     |
| →                                            | SunYou F73 T12 100W    |
| →                                            | SunMePlus F73 T12 100W |

If your lamp type label was TanMe F71 T12 100W, you would only be able to use the information that directly coincides with the TanMe F71 models listed above.

### What if my lamp type label is missing?

Federal law requires that each unit of tanning equipment has a designated ultraviolet lamp type label affixed to the unit. The lamp type

label information is printed in the manufacturer's manual for the unit. If your labeling fades or becomes illegible, it must be replaced. It is your responsibility to replace the label. Contact your service provider for the correct labeling for your unit.

### What is the minimum age for tanning?

In October 2004, the North Carolina legislature passed a bill prohibiting children from using indoor tanning equipment for cosmetic purposes. According to Senate Bill 657, operators "shall not allow a person 13 years and younger to use tanning equipment without a written prescription from the person's medical physician specifying the nature of the medical condition requiring the treatment, the number of visits, and the time of exposure for each visit." A complete copy of that bill is available on the program's Web site.

For those consumers between 14 and 17 years of age, the parent or legal guardian must sign the consumer statement in the presence of a certified operator advising that the child has parental approval to use indoor tanning equipment.

### Are there any regulations regarding the use of spray-on tanning equipment?

The Radiation Protection Section does not regulate the use of spray on tanning devices because they do not emit ultraviolet radiation. The FDA has issued recommendations, which include the use of nose plugs and protective eyewear during spray sessions. The spray-on tanning is a good alternative for individuals who can not tan or for minors. For more information on the FDA's recommendations for spray-on tanning, please go online to <http://www.fda.gov/cdrh/fdaandyou/issue07.html>.

## Health and Safety 101



### **What is the best way to determine individual exposure schedules?**

Comprehensive, written skin typing questions will enable you to accurately choose exposure durations for the most desirable cosmetic results. Sample skin typing questions and laminated examples of skin types are available online and through your service provider.

### **What if a client insists on exceeding the exposure duration recommended by the certified operator?**

It is your responsibility to refuse to overexpose a client. However, educating the client on overexposure and its effects will assist you.

### **What is the operator's role regarding the use of protective eyewear?**

You are required to provide Code of Federal Regulations approved protective eyewear for each use of the tanning equipment. It is your responsibility to educate the consumer in the proper use of the eyewear. Eyewear designed for use with elastic strings must have the strings attached to be in compliance. If clients choose to provide their own eyewear, ask to examine their eyewear at each visit to ensure it is being used according to the manufacturer's specifications.

Clients that consistently remove strings or otherwise modify eyewear should be instructed to use the eyewear according to the instructions. A variety of eyewear is available, and consumers should be encouraged to use eyewear that best suits their tanning style. The only way to protect the eyes from overexposure to ultraviolet light from a tanning unit is to use CFR-approved eyewear. Closing the eyes or covering the face with a towel are not acceptable alternatives to wearing protective eyewear. Educate your clients about the damaging effects to the eyes from overexposure to ultraviolet light.

### **How long can I tan a client with red hair and freckles (skin type 1)?**

Always refer to the recommended exposure schedule on your unit for the best exposure duration for each skin type. Skin type 1 individuals are not recommended for indoor tanning because they are lacking in melanin production and are at a higher risk for developing skin cancer.

### **Are there any regulations regarding the tanning of pregnant women?**

At present, there are no regulations regarding pregnancy and the use of indoor tanning equipment; however, certain health and safety concerns do exist. Ultraviolet light inhibits the body's ability to produce folic acid, which is vital to the development of an unborn child. Also, hormonal changes may affect melanin production, causing undesirable cosmetic results. Pregnant women wishing to use indoor tanning equipment should first check with their physician.

### **Can a client take another individual with them into the tanning room?**

No. Only one person at a time may use tanning equipment. Also, minors are not allowed to remain in the room while equipment is in use.

### **Can laser surgery patients use indoor tanning equipment?**

Laser surgery has become increasingly popular in recent years, particularly for hair removal. Laser hair removal is the process of using an intense beam of light to permanently remove unwanted hair. In order for this process to be effective, one's hair must be darker than the surrounding skin. Tanned patients should wait until their tan fades before they are treated and should avoid unprotected sun exposure for three to six months afterward to prevent sunburn and dark discoloration.



**Remember  
our  
Web site!**

Find more information about the  
Tanning Program online at:  
**[www.drp.enr.state.nc.us/Tanning/Tanning.htm](http://www.drp.enr.state.nc.us/Tanning/Tanning.htm)**.

You can also call the program staff  
at (919) 571-4141.

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