Tanning Technique

Identify Skin Types, Know Bed Limits

Protecting clients from harmful over exposure to UV light is a tanning bed operator's most important responsibility. Proper skin typng is the key element of that protection.

It is the tanning operator's legal responsibility to make sure tanning sessions are not longer than they should be, based on the client's skin type, the strength of the lamps in the bed, and how often the client has been tanning.

Each bed has limits on session times based on the skin type of the client and the strength of the lamps in the bed. That means each client must have an accurate skin type score, and the tanning bed operator must know the time limits for the bed before setting tanning session times.

Once the client's skin type is obtained by completing the scored questionnaire, the operator refers to the bed's time chart to determine how long the client can tan.

Tanning rules require that each client's skin type number be recorded, on the paper client card or in the client record on a computer database. Having a copy of the chart from each type of bed available at the front counter makes it easy for staff to set proper tanning times for each client.

Following these steps helps protect clients from over-exposure to UV light, which can lead to unnecessary skin damage and increased risk of skin cancer. Proper exposure times also help assure a positive experience and satisfied customers.

Late Renewals Face Enforcement Deadline

Tanning facility owners have by now received in the mail final renewal notices for 2013. The Radiation Protection Services (RPS) licensing staff appreciate the vast majority of owners who promptly responded to their renewal notice and have already sent in their payment.

In an attempt to reduce the staff time spent on those few facilities that do not respond promptly, a hard deadline has been set to begin enforcement action on late payments. Any facility that has not paid 2013 registration fees by Thursday, January 10, 2013 will start to accrue Civil Penalty fees and face RPS enforcement action that may include referral to the Oregon Department of Revenue for collection.
Bed Sanitizer Rules Updated

Cleaning and sanitizing tanning beds after each use protects tanning clients by eliminating micro-organisms that are left behind by the previous client. This is a basic public health protection, which is why state tanning rules outline standards for sanitizing beds.

Minor changes were recently made to the state rules on sanitizing tanning beds. The main change is that the state will no longer “approve” sanitizers for use on beds. It is the tanning operator’s responsibility to make sure the sanitizer they use is safe for use on tanning beds.

Tanning operators can use any sanitizer as long as it has a measureable concentration of 400-800 parts per million (ppm) of quaternary ammonium, or “quat”, when being used.

Sanitizers that are currently being used, like Lucasol, Australian Gold, CalCare and many others, meet the rule requirements already when mixed properly. Tanning operators are still required to have test strips so they can make sure they have mixed the sanitizer properly.

Since it is the operator’s responsibility to clean and sanitize acrylic after each customer, the rules were changed to make it clear that customers cannot be required, or even asked, to clean the beds before or after they are used.

New, Simpler Client Cards Developed

Tanning operators may have noticed that traditional paper client cards have many of the same questions as the scored skin typing system. To help simplify the process of registering and skin typing clients, RPS has developed a new sample client card for use by tanning operators.

A copy of the new card, and the skin type questionnaire, is included with this newsletter. Copies are also available on the tanning program website.

The new card is designed to make it clear that a numbered skin type, from the scored skin type questionnaire, needs to be recorded on the card.

This number is what allows the tanning operator to protect the client by limiting session times for new or returning tanners.

Space is provided to include the name of the staff member who helps skin type the client, and a copy of the scored skin typing questionnaire is on the back of the new sample client card.

Other changes on the card are designed to provide clearer information on date of birth and parental signatures for minors who are being allowed to tan. Failure to properly document the age and skin type of a client is a violation of RPS rules.

More Rule Change Reminders ....

Training— Any person who registers a new client or sets the time on a tanning bed is required to complete an RPS-approved operator training course. This change took effect July 1, 2011.

Digital Timers— All tanning beds must be controlled by remotely operated digital timers. Mechanical (dial type) timers are no longer allowed. This rule change took effect October 1, 2011.

For more information about rule changes, skin typing guides, and client cards, go to the RPS website at: www.healthyoregon.org/rps
Customer Questionnaire for Determination of Skin Sensitivity

Each customer must answer the following questions to determine their skin type. Their skin type number must be documented on the client card. Tanning exposures are then determined based on the customers skin type and the tanning bed exposure schedule.

<table>
<thead>
<tr>
<th>Questions</th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>Points</th>
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</thead>
<tbody>
<tr>
<td>What is the natural color of your eyes?</td>
<td>Light blue, gray or green</td>
<td>Blue, gray, or green</td>
<td>Hazel or Light Brown</td>
<td>Dark brown</td>
<td>Brownish black</td>
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<td>What is the natural color of your hair?</td>
<td>Red or Light blonde</td>
<td>Blonde</td>
<td>Dark blonde or Light brown</td>
<td>Dark brown</td>
<td>Black</td>
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<td>What is your natural skin color before sun exposure?</td>
<td>Ivory White</td>
<td>Fair or Pale</td>
<td>Fair to Beige</td>
<td>Olive or Light brown</td>
<td>Dark brown or black</td>
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<td>How many freckles do you have on unexposed areas of your skin?</td>
<td>Many</td>
<td>Several</td>
<td>Few</td>
<td>Very Few</td>
<td>None</td>
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<td>How does your skin respond to the sun?</td>
<td>Always burns, blisters &amp; peels</td>
<td>Burns often blisters &amp; peels</td>
<td>Burns moderately</td>
<td>Rarely burns, if at all</td>
<td>Never burns</td>
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<td>Does your skin tan?</td>
<td>Never</td>
<td>Seldom</td>
<td>Sometimes</td>
<td>Often</td>
<td>Always</td>
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<td>How deeply do you tan?</td>
<td>Not at all or very little</td>
<td>Lightly</td>
<td>Moderately</td>
<td>Deeply</td>
<td>Naturally dark skin</td>
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<td>How sensitive is your face to the sun?</td>
<td>Very sensitive</td>
<td>Sensitive</td>
<td>Normal</td>
<td>Resistant</td>
<td>Never had a problem</td>
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<td><strong>Total</strong></td>
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**Type I (0-6)** Always burns easily and severely (painful burn); tans little or none and peels. People most often with fair skin, blue eyes, freckles; unexposed skin is white**

**Type II (7-12)** Usually burns easily and severely (painful burn); tans minimally or lightly; also peels. People most often with fair skin, red or blond hair; blue, hazel or even brown eyes; unexposed skin white**

**Type III (13-18)** Burns moderately and tans about average. People with average Caucasoid skin; unexposed skin is white.

**Type IV (19-24)** Burns minimally, tans easily, and above average with each exposure; exhibits IPD (immediate pigment darkening) reaction. People with white or light brown skin, dark brown hair, dark eyes (e.g. Mediterranean, Asian, Hispanic, etc); unexposed skin is white or light brown.

**Type V (25-30)** Rarely burns, tans easily and substantially; always exhibits IPD reaction. People with brown skin (e.g. Native American, East Indian, Hispanic, etc); unexposed skin is brown.

**Type VI (31 +)** Almost never burns and tans easily; exhibits IPD reaction. People with dark brown skin (e.g. African, Americans, Australian, South Indian Aborigines, etc); unexposed skin is black.

* Based on the first 45-60 minutes exposure of the summer sun (early June) at sea level = 2-3 Minimum Erythema Dose (MED).
**They may be of Celtic background (Irish or Scottish); others may even have dark hair or brown eyes.*
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<tr>
<th>Time</th>
<th>Exposure</th>
<th>Year</th>
<th>Initials</th>
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**Warning Statement (CAR 333-119-0050):**

Consult your medical care provider before tanning.

If you answered yes to any of these questions, please

- Are you pregnant?
- Have you ever been told by a medical provider to avoid the sun?
- Are you currently taking any photosensitizing medications?

**Skin Type Number: State:**

- **Name:**

Parent/Guardian Signature:

Date: ____________________________

If under 18, parent or legal guardian must also sign confirming to the above.

Client Signature:

Date: ____________________________

Should consult a physician before using a tanning device:

- Any person taking a prescription or over-the-counter drug,
- Antibiotics, diuretics, high blood pressure medication,
- Certain foods, cosmetics, or medications such as sunscreen,
- Tanning process if the customer is also consuming or using
- Abnormal skin sensitivity or burning may result from the
  - Kept exposed for too many causes premature aging of the skin.
  - Overexposure to the tanning process may cause burns.
  - Not wearing protective eyewear may cause eye damage.
  - Exposure to the tanning process may cause skin cancer.

**Exposure Data & Consent Record:**

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