



Tanning Technique

Identify Skin Types for All Tanners

Protecting clients from harmful over exposure to UV light is one of a tanning bed operator's most important responsibilities, and proper skin typing is a key part of that protection. Each bed has limits on session times based on the skin type of the client, so each client must have an accurate skin type score before tanning.

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

Based on the client's skin type and the bed information, the operator decides the proper tanning time to make sure clients do not tan too long and risk burning. People that burn during a tanning session not only increase their risk of skin can-

cer in the future, they are less likely to return for more tanning sessions. Again, it is the trained operator who decides how long a client can tan.

Public Health tanning rules require that each client's skin type number be recorded, either 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 tanning staff to set proper session times for each client.

Because skin is constantly being replaced, anyone who has not tanned for about 4-6 weeks is starting over on their tan. That means the week one time chart guidelines should be followed when people start tanning again in the spring or before a tropical vacation.

Skin Type Definitions Added to Rules

Skin types are determined from the scored skin type questionnaire, and must be recorded on client cards.

Type 1 - means skin burns easily and severely (painful burn); tans little or none and peels.

Type 2 - means skin burns easily and severely (painful burn); tans minimally or lightly and also peels.

Type 3— means skin burns moderately and tans about average.

Type 4— means skin burns minimally, tans easily and above average with each exposure; exhibits immediate pigment darkening reaction.

Type 5— means skin rarely burns, tans easily and substantial; always exhibits immediate pigment darkening reaction



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Advise Your Clients

“Talk to Your Doctor or Pharmacist”

Every tanning facility is required to have a list of medications that may make a client sensitive to UV light.

When clients review the list, remind them that new drugs are constantly being developed, so the list is probably not complete.

Clients need to protect themselves and ask their medical care provider or pharmacist if their medications might make them more sensitive to UV light from a tanning bed.

The new client card has three questions related to medical issues. If they answer “yes” to any of the three questions, they should talk to

their medical provider before using a tanning bed.

The questions ask the client:

- Are you pregnant?
- Are you taking medicines that might make you sensitive to Ultra-violet light?
- Have you been told by a medical provider to stay out of the sun?

When the client signs this card they are taking responsibility for discussing medical issues with their provider.

Tanning staff are not medical providers, so the client should not write any medical information on the client card.

**No Eye Protection?
No Tanning!**



New Client Cards Eliminate Duplicated Questions

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.

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.healthoregon.org/rps

Tanning Client Data & Consent Record

NAME: _____

Name: _____

Birth Date: (mm/dd/yr) ___ / ___ / ___ (required for all tanners)

Address: _____

City: _____ **State:** _____ **Zip:** _____

Skin Type Number: _____ **Staff name:** _____

Are you currently taking any photosensitizing medications? **Y / N**

Have you ever been told by a medical provider to avoid the sun? **Y / N**

Are you pregnant? **Y / N**

**If you answered yes to any of these questions, please
consult your medical care provider before tanning.**

Warning Statement (OAR 333-119-0050):

- Exposure to the tanning process may cause skin cancer.
- Not wearing protective eyewear may cause eye damage.
- Overexposure to the tanning process may cause burns.
- Repeated exposure may cause premature aging of the skin.
- Abnormal skin sensitivity or burning may result from the tanning process if the customer is also consuming or using certain foods, cosmetics, or medications such as tranquilizers, antibiotics, diuretics, high blood pressure medication, antineoplastics or birth control pills.
- Any person taking a prescription or over-the-counter drug should consult a physician before using a tanning device.

Client Signature: _____ **Date:** _____

(If under 18, parent or legal guardian must also sign consenting to the above)

Parent/ Guardian Signature: _____

Relationship to Client: _____ **Date:** _____

Client Initials	Goggles Y/N	Date+ Year	Exposure Time	Client Initials	Goggles Y/N	Date+ Year	Exposure Time
1.				23.			
2.				24.			
3.				25.			
4.				26.			
5.				27.			
6.				28.			
7.				29.			
8.				30.			
9.				31.			
10.				32.			
11.				33.			
12.				34.			
13.				35.			
14.				36.			
15.				37.			
16.				38.			
17.				39.			
18.				40.			
19.				41.			
20.				42.			
21.				43.			
22.				44.			

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 customer's skin type and the tanning bed exposure schedule.

Questions	0	1	2	3	4	Points
What is the natural color of your eyes?	Light blue, gray or green	Blue, gray, or green	Hazel or Light Brown	Dark brown	Brownish black	
What is the natural color of your hair?	Red or Light blonde	Blonde	Dark blonde or Light brown	Dark brown	Black	
What is your natural skin color before sun exposure?	Ivory White	Fair or Pale	Fair to Beige	Olive or Light brown	Dark brown or black	
How many freckles do you have on unexposed areas of your skin?	Many	Several	Few	Very Few	None	
How does your skin respond to the sun?	Always burns, blisters & peels	Burns often blisters & peels	Burns moderately	Rarely burns, if at all	Never burns	
Does your skin tan?	Never	Seldom	Sometimes	Often	Always	
How deeply do you tan?	Not at all or very little	Lightly	Moderately	Deeply	Naturally dark skin	
How sensitive is your face to the sun?	Very sensitive	Sensitive	Normal	Resistant	Never had a problem	
Total						

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.