

# 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 typing 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.



Oregon  
**Health**  
Authority

**Public  
Health  
Division**

**Radiation  
Protection  
Services**

800 NE Oregon St.  
Suite 640  
Portland, OR 97232  
(971) 673-0490  
[www.healthoregon.org/rps](http://www.healthoregon.org/rps)

## 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.

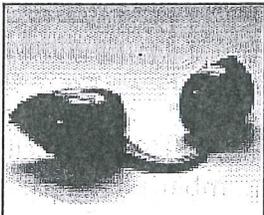
Tanning operators can use any sanitizer as long as it has a measureable

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.

**No Eye Protection?  
No Tanning!**



## 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.healthoregon.org/rps](http://www.healthoregon.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.

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	
<b>Total</b>						

**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.

## 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: \_\_\_\_\_

1.	Client Initials	Goggles Y/N	Date+ Year	Exposure Time	23.	Client Initials	Goggles Y/N	Date+ Year	Exposure Time
2.						24.			
3.						25.			
4.						26.			
5.						27.			
6.						28.			
7.						29.			
8.						30.			
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22.						44.			