

## Eye Care

Many of us wear sunglasses to shield our eyes from the effects of sunlight. The eyes are comprised of light sensitive tissues which allow each of us to see the world around us. The coloring around our eyes is called the cornea. The part of the eye that allows us to focus and produce the picture for us is called the iris. These parts of the eye are often compared to parts of a camera which allow us to take pictures. The cornea can be likened to the shutter of a camera and the retina likened to the film of a camera. A clear picture is not possible without the accurate settings of either the shutter or the film. Overexposure of ultraviolet light to the eyes can cause corneal and retinal damage to the eyes. In some cases the loss of sight may be possible.



**Each client using a tanning device must sign a client registration acknowledging the dangers of the use of ultraviolet light.**

## Skin Cancer

Skin cancer is the most common type of cancer in the United States. There are an estimated 1.2 million cases of skin cancer diagnosed each year in the United States. There are three primary types of skin cancer: squamous, basal, and melanoma. Squamous type skin cancer is the least dangerous and the most easily treated. Basal type skin cancer is the most common type of skin cancer. Malignant melanoma is cancer which has proliferated below the dermal surfaces and it can be life threatening. Studies have suggested that reducing exposure to ultraviolet light (UV) radiation decreases the incidence of non-melanoma skin cancer. Studies have also suggested that avoiding sunburns, especially in childhood and adolescence, may reduce the incidence of melanoma skin cancer.



DIVISION OF  
**Environmental Health**

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Division of Environmental Health

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facts every indoor tanning client should know

indoor tanning

# indoor tanning

The indoor tanning industry increased significantly during the last two decades. There are an estimated 24 million people a year who presently use indoor tanning facilities. Every day in the United States, there are between one and two million people who will use an indoor tanning device. Because the use of indoor tanning devices can have serious health consequences, the Florida Legislature authorized the Department of Health and its county health departments to regulate tanning facilities.

## Facts About Indoor Tanning Facilities

- Each tanning facility must be licensed in Florida.
- Minors under the age of 18 years must have the signature of a parent or legal guardian to use an indoor tanning device.
- Children under the age of 14 must be accompanied by an adult in order to use a tanning device.
- Every person using a tanning device must wear protective eyewear which has been approved by the U.S. Food and Drug Administration.
- The operator of each tanning facility (salon) must be certified through a course, which has been approved by the Florida Department of Health.
- Each tanning facility operation must maintain client records for 4 years.
- The operator of the facility (salon) is responsible for the sanitary maintenance of all devices and supporting equipment.



## Medications

There are several medications that have side effects associated with the tanning process. Each tanning facility should have a list of medications that should be avoided if an individual chooses to use a tanning device. The salon should also have a list of foods that can have photosensitizing properties.

## Warnings

There are two warnings that every client of a tanning salon or facility must be aware. The two warnings follow:

### **DANGER: Ultraviolet radiation**

Follow these instructions:

#### **1. Avoid frequent and lengthy exposure.**

As with natural sunlight, exposure can cause eye and skin injury or allergic reactions. Repeated exposure can cause chronic sun damage characterized by wrinkling, dryness, fragility and bruising of the skin or skin cancer.

**Ultraviolet light** is a part of the light spectrum which includes several wavelengths of the light spectrum. The part of the light spectrum we see is termed the visible spectrum. Colors make up parts of the visible spectrum. There are other parts of the light spectrum which are not visible and some may cause harm to humans. Ultraviolet light is made up of different light wavelengths known as ultraviolet A, ultraviolet B, and ultraviolet C. Most of the light we receive from the sun is ultraviolet B. The sunscreens sold to prevent or reduce sunburn work against the effects of the sun's ultraviolet light A and B rays.

#### **2. Failure to use protective eyewear can result in severe burns or long-term injury to the eyes.**

The DANGER WARNING must be posted in conspicuous places in the tanning facility. A similar warning statement must be imprinted on each tanning device used at the salon.

