

## **EUROSKIN Recommendations on Sunbed Use**

The 1<sup>st</sup> EUROSKIN Conference met to discuss the benefits and detriments of the use of tanning devices within the framework of a WHO Workshop. The conclusions and recommendations of the Workshop were as follows.

### **Benefits of tanning device use**

Certain medical conditions, e.g. compensation of vitamin D<sub>3</sub> deficiency, may be successfully treated by tanning devices. However, such treatment should only be carried out in medical units. For the majority of the population casual exposure to the sun provides adequate vitamin D<sub>3</sub>. A feeling of wellbeing was also recognised as a possible benefit.

### **Detriments of tanning device use**

These are skin cancer, premature skin ageing and other damage to the skin of excessive UV exposure

### **Recommendations**

The general statement was made that the use of tanning devices for cosmetic purposes is not recommended.

Also that people should not use tanning devices if they:

- Have type I skin.
- Are under 18 years of age.
- Have large numbers of nevi (moles).
- Tend to freckle.
- Have a history of frequent childhood sunburn.
- Have premalignant or malignant skin lesions.
- Have sun damaged skin.
- Are wearing cosmetics. These may enhance their sensitivity to UV exposure
- Are taking medications. In this case they should seek advice from their physician to determine if the medication will make them UV-sensitive.

If however, tanning devices are used, then the following specific recommendations apply:

- Recognising that different countries will have different ways of implementing and determining compliance with these recommendations, the Conference urged that tanning facilities should comply with these recommendations and that compliance should be checked by the appropriate national authority where possible.
- Tanning devices should comply with the requirements of the IEC standard (1995).
- Appropriate health warnings should be provided to the client prior to tanning exposure.
- Appropriate UV-protective eyewear should be provided and worn during tanning exposures.

- Operators should be provided with appropriate approved training (receive appropriate certification).
- Professional operators are responsible for providing client information and guidance on the safe use of tanning devices.
- Tanning sessions should be limited and specified using the recommendations of the International Commission on Non-Ionizing Radiation (ICNIRP).
- Manufacturers must supply exposure schedules based on the tanning device lamp characteristics.
- Any modifications, such as the replacement of lamps, filters or reflectors should not change the IEC classification of the device.
- Claims of beneficial medical effects should not be made.
- Therapeutic use of tanning devices should only be done in medical units.
- Tanning devices in hotels or in recreational facilities should be subject to the same controls as noted above (as for any commercial outlet).
- Because of their possible misuse, unattended or coin-operated tanning devices should not be used.
- By the nature of their use, sunlamps in the home are not subject to the same degree of control as those used under proper supervision in commercial outlets, so additional safety information should be provided by the vendor or supplier of the tanning device. In these circumstances only IEC type 3 tanning devices should be used.
- Products designed to enhance or accelerate tanning should not be used.