Indoor Tanning

Summary: The Dermatology Nurses' Association promotes the ban of indoor tanning and other non-medical uses of artificial light.

The Dermatology Nurses' Association (DNA) recognizes the significant public health risks directly related to indoor tanning exposure and recommends the following:

- extensive public health education on the known carcinogenic effects and other associated health risks of artificial UVR and indoor tanning
- partnering with government, industry, agencies such as the CDC and AAD, other medical professionals, and schools to accomplish educational goals
- an FDA ban of all non-medical uses for artificial UVR, including the cosmetic use of indoor tanning beds
- adequate funding to comply with strict enforcement of current indoor tanning guidelines and routine inspection of all indoor tanning equipment
- prohibit use by minors under the age of 18
- prominent display of warning signs listing the carcinogenic and health risks related to the use of tanning beds
- signed statement by each client that explicitly describes the health risks of indoor tanning
- provision of sanitary eye protection for each client using indoor tanning facilities
- adequate training of all tanning device owners/operators that includes health risks of indoor tanning devices, safe operation and maintenance of equipment, recognition of UVR overexposure and emergency conditions, and first aid/emergency care for burns and UVR-related health injury, ie., disease exacerbations
- establish method to limit exposure time and alert client to end of tanning session
- prohibit public messages or advertisements promoting the safety of indoor tanning

References

American Academy of Dermatology (AAD)
National Toxicology Program, National Institute of Environmental Health, National Institute of Health, Report on Carcinogens (10th Edition)
National Center for Environmental Health of the Centers for Disease Control and Prevention (NCEH/CDC)
International Agency for Research on Cancer Monographs on the Evaluation of Carcinogenic Risks to Humans, Vol 55, Solar and Ultraviolet Radiation, 1992, Lyon, France