

TANNING/ UV LIGHT TREATMENTS

DEFINITIONS

Ultra Violet Light

Defined as 3 different wavelengths of ultraviolet radiation. UVA, UVB and UVC. UVC waves should not be present in sun tanning equipment.

Sun Tanning Equipment

The use of ultraviolet light emitted from tubes to reproduce the effect of ultraviolet radiation from the sun on the skin to tan the skin. Includes sun beds and upright tanning booths, face and leg tanning equipment.

Tanning accelerants or amplifiers

Defined as any cream, lotion or other substance that increases or purports to increase the amount of UV light absorbed by the production of melanin within the skin.

Remote Facilities

All facilities shall be considered to be remotely operated where the therapist is out of audible range of the treatment room and the client would be unable to summon help.

1. AGE RESTRICTIONS

- 1.1. Anyone under the age of 18 is prohibited from using tanning equipment. If there is any doubt concerning age photographic ID shall be requested.
- 1.2. Where a challenge is made, it must be recorded and proof age also noted on the client record card.

2. CLIENT CONSULTATION

- 2.1. A full client consultation must be carried out at the time of a first visit and prior to any treatment. This must include a thorough medical history in relation to the treatment being requested and full explanation of any possible contra-indications.
- 2.2. Where any medical conditions exist the client must confirm to the therapist that they have taken advice from their GP regarding the treatment before any treatment can be commenced. This must be recorded on the consultation

card.

3. RECORD KEEPING

- 3.1. Records must be kept for every client (including walk-ins/one offs). The records must include details of medical history checks and steps taken to verify the age of the client including their date of birth and the type of identification provided (where appropriate). This record must be signed by the client as a declaration of agreement to proceeding with the treatment having been explained and understanding any associated risks. In addition the following records must also be kept:-
 - 3.1.1 A consultation card must be completed prior to first use and any contra-indications identified. Clients whose skin is prone to UV damage (Skin Type 1) should not be permitted to use tanning equipment.
 - 3.1.2 Client consultation cards must be kept detailing each and every sunbed session including duration of session. Such cards must be kept for all clients including one off walk- ins.
 - 3.1.3 Consultation records must be held at the premises for a period of two years and be available for inspection by an Authorised Officer.
 - 3.1.4 Records must be kept of the hours of use of each machine and these records shall show any maintenance and details of when tubes are replaced.
 - 3.1.5 The Health and Safety Executive (HSE) recommend a maximum of 20 ultra violet tanning sessions per year, clients shall be advised when they have reached this number and made aware of this recommendation. If the client still wishes to continue with further exposure then their written consent shall be recorded on their client record card.

4. INFECTION CONTROL

- 4.1. The surface of the sunbed must be disinfected after each use in accordance with manufacturer's instructions and with cleaning materials specified by the manufacturer.
- 4.2. All goggles must be disinfected between clients or single use disposable goggles must be provided.

5. OPERATIONAL PROCEDURES

- 5.1. The Licence Holder must ensure compliance with the Sunbeds (Regulations) Act 2010.
- 5.2. Adequate Ventilation must be provided to treatment rooms and cubicles.
- 5.3. Private shower, sink facilities or suitable wet wipes must be available to allow the client to remove any skin creams and make-up. The operator must advise the client on the importance of removing creams and make up.
- 5.4. An automatic timer must be fitted to the equipment so that the user is unable to increase the time spent using the tanning equipment.
- 5.5. An emergency device must be fitted within easy reach of a person using the equipment. This device will switch off the Ultra Violet lamps and audibly summon assistance.
- 5.6. Suitable goggles or equivalent for the protection of the eyes of users of the equipment must be provided.
- 5.7. Fans must be adequately guarded.
- 5.8. The Health and Safety Executive 'UV Tanning Equipment' notice providing clear and accurate information on the health risks from exposure to Ultra Violet light must be clearly displayed near each sunbed.

6. TUBES AND TUBE REPLACEMENT

- 6.1. The maximum permissible output for all UV tubes must not exceed 0.3w/m².
- 6.2. Tubes must be replaced at intervals recommended by the manufacturer, together with the Ultra Violet transmitting plastic sheet if fitted.
- 6.3. Replacement tubes shall be compatible with those supplied by the manufacturer.
- 6.4. All tubes in a bed or cabinet must be replaced at the same time.
- 6.5. Tanning times must be suitably adjusted when new tubes have been installed.

7. TANNING ACCELERATORS

- 7.1. Licence holder must hold product information for any tanning accelerators they sell. Tanning accelerators must comply with the Cosmetic Products (Safety) Regulations 1996
- 7.2. The sale/supply of tanning injections is prohibited.

8. TANNING OPERATORS

- 8.1. At least one person must be available onsite at all times who, as a minimum, has specific training on the type of tanning equipment used at the premises or is a member of the Sun Bed Association and has receipt of their training package. This person(s) must carry out the initial client consultation, complete records as prescribed in parts 2 and 3 and supervise all tanning transactions to ensure that these terms and conditions are adhered to.
- 8.2. Any person(s) who may perform the role described in 9(a) must be listed on the premises licence.

9. AFTERCARE ADVICE

- 9.1. Appropriate aftercare advice must be provided following each treatment. This must include information on actions to take if any adverse conditions occur. Where possible this should be given orally and in written form for the client to take away.