

GUIDELINES FOR THE SAFE USE OF SUNBEDS

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1. Applicability

In terms of the Hazardous Substances Act, Act 15 of 1973 these guidelines apply to any sunbed to be used for non-medical purposes. These guidelines deal with safety measures with regard to the operation of a sunbed and with limiting the accessible levels of UVA and UVB radiation to reduce the potential for skin and eye damage.

2. Definitions

For the purpose of these guidelines, the following definitions apply:

Sunbed:	electrotechnical device containing one or several ultraviolet radiation sources and intended for irradiating the skin of human beings with ultraviolet radiation for tanning purposes.
Ultraviolet radiation:	electromagnetic radiation with wavelengths within the range 180-400 nanometer (nm).
UV type:	classification of sunbeds with respect to radiation properties that are defined in the European standard EN 60335-2-27.
UV type 1 sunbed:	sunbed provided with a UV source such that biological effect is caused by radiation having wavelengths longer than 320 nm and characterised by a relatively high irradiance in the range 320 nm to 400 nm. These sunbeds are intended to be used only in tanning salons, beauty parlours and similar premises, under supervision of appropriately trained persons.
UV type 2 sunbed:	sunbed provided with a UV source such that biological effect is caused by radiation having wavelengths both shorter and longer than 320 nm and characterised by a relatively high irradiance in the range 320 nm to 400 nm. These sunbeds are intended to be used only in tanning salons, beauty parlours and similar premises, under supervision of appropriately trained persons.
UV type 3 sunbed:	sunbed provided with a UV source such that the biological effect is caused by radiation having wavelengths both shorter and longer than 320 nm and characterised by a limited irradiance over the whole UV radiation band. This type of sunbed may be used by unskilled persons.

3. Instructions for use

The protection measures against electric shock must be maintained.

The UV emitters must be replaced by identical or compatible UV emitters (UV type 1, 2 or 3).

The sunbed must not be used if the timer that terminates the emission of ultraviolet radiation is faulty or the filter is broken or removed.

Wall- or ceiling-mounted sunbeds must be securely fixed and protected against loosening.

The sunbed must be located or shielded in such a way as to prevent other human beings from being irradiated unintentionally.

The protective goggles supplied with the sunbed must be worn at all times while using the sunbed.

The sunbed must not be switched on with the lid in the closed position. Before closing the lid for storage, the sunbed must be disconnected from the supply and allowed to cool down.

4. Precautions

The sunbed must not be used by persons who

- burn without tanning,
- suffer from sunburn,
- have skin cancer,
- have had skin cancer at any stage in the past,
- are predisposed to skin cancer,
- are regarded to be children.

Ultraviolet radiation from the sun or sunbeds can cause skin or eye damage. These biological effects depend upon the quality and quantity of the radiation as well as the skin and eye sensitivity of the individual.

The skin may develop sunburn after an excessive exposure. Excessive exposure to ultraviolet radiation from the sun or UV sunbeds may lead to premature ageing of the skin as well as increased risk of developing skin cancer.

The unprotected eye may develop surface inflammation or cataracts after repeated exposure. In some cases, for example after a cataract operation, damage may occur to the retina after excessive exposure.

Special care is necessary in cases of pronounced individual sensitivity to ultraviolet radiation and in cases where certain medicines or cosmetics are being used.

Take note of the following:

- Information concerning the intended exposure distance, unless this is controlled by the construction of the sunbed.
- Recommendations on the schedule of exposure taking into account exposure times, intervals between exposures and individual skin sensitivity.
- Information on the cleaning of the tanning surface of the sunbed.

In summary the following precautions are to be taken:

- Always wear the protective goggles provided;
- Remove cosmetics well in advance of exposure and do not apply any sunscreens;
- Do not undergo exposure when taking medicines that increase sensitivity to ultraviolet radiation. If in doubt, obtain medical advice;
- Allow at least 48 hours between the first two exposures;
- Do not sunbathe and use the sunbed on the same day;
- Follow the manufacturer's recommendations concerning exposure duration, exposure intervals and distances from the lamp(s);
- Seek medical advice if persistent lumps, sores or pigmented moles develop on the skin.

5. Label

- The sunbed should be marked with the type reference of the emitter (“UV type 1”, “UV type 2” or “UV type 3”). **Type 1 and type 2 sunbeds are intended to be used only in tanning salons, beauty parlours and similar premises under supervision of appropriately trained persons.**

The sunbed should be marked with the following warning:

- “WARNING – Ultraviolet radiation may cause injury to eyes and skin. Read instructions carefully. Wear the protective goggles provided. Certain medicines and cosmetics may increase sensitivity”

6. Sign

The sunbed should be marked with the electro-optical radiation sign in accordance with Figure 1.



Figure 1: Sunbed radiation sign