

THE TANNING FACILITY TO PLACE NAME, ADDRESS, PHONE NUMBER,
AND NAME OF FACILITY MANAGER IN THIS SPACE. THE TANNING
FACILITY MAY ALSO PLACE FACILITY ICONS OR GRAPHICS IN THIS
SPACE

WARNING AND CONSENT FOR TANNING

If you use indoor tanning equipment, follow these steps to reduce the dangers of UV exposure.

- Be sure to wear the goggles provided, making sure they fit snugly and are not cracked. Failure to use protective eye-wear may result in severe burns and long-term injury to the eyes, including possible blindness.
- Start slowly and use short exposure times to build up a tan over time.
- Don't use the maximum exposure time the first time you tan because you could get burned, and burns are thought to be related to melanoma.
- Follow manufacturer-recommended exposure times for your skin type. Check the label for exposure times.
- Stick to your time limit.
- After a tan is developed, tan no more than once a week. Depending on your skin type, you may even be able to maintain your tan with one exposure every 2-3 weeks.

Because sunburn takes 6 to 48 hours to develop, you may not realize your skin is burned until it is too late.

- Avoid too frequent or lengthy exposure. Repeated exposure to ultraviolet radiation may cause premature aging and chronic skin damage characterized by wrinkling, dryness, fragility and bruising of the skin.

You should NOT use a tanning bed or lamp if:

- You sunburn easily and do not tan. Skin that does not tan in the sun will probably not tan under a sunlamp.
- You have a family history of melanoma.
- You get frequent cold sores. UV radiation may cause them to appear more frequently due to immune system suppression.
- You are taking medicines that can make you more sensitive to UV rays. Check with your doctor or pharmacist. Medications or cosmetics may increase your sensitivity to ultraviolet radiation. Consult a physician before using a tanning device if you are using medications, have a history of skin problems, or believe you are especially sensitive to sunlight. Women who are pregnant or using oral contraceptives are advised not to use this equipment. Tanning during pregnancy should only be done under the guidance of a physician.

Consent

I have read and understood the warnings and health risks of using a tanning device. I consent to allow

_____ to use the tanning devices at this tanning facility for a maximum of _____ times

over the next _____ months (not to exceed 12 months).

Signature of Parent/Guardian

Printed name of Minor

Date of Signature