

**Position Statement on Indoor Tanning**

**(Previously Approved by the Board of Directors October 1998;  
Amended by the Board of Directors February 7, 2004;  
Amended by the Board of Directors November 14, 2009)**

The American Academy of Dermatology Association (AADA) opposes indoor tanning and supports a ban on the production and sale of indoor tanning equipment for non-medical purposes. The United States Department of Health and Human Services and the World Health Organization's International Agency for Research on Cancer have classified UV radiation from tanning devices as carcinogenic to humans, in the same category as tobacco and tobacco smoking. A review of seven studies found a 75 percent increase in the risk of melanoma in those who had been exposed to UV radiation from indoor tanning before the age of 35. With the rising incidence of melanoma and non-melanoma skin cancer in the United States, as well as increasing usage of tanning parlors for cosmetic purposes by the public, the AADA encourages implementation of state and local legislation regulating tanning parlors. Further, the AADA encourages appropriate funding of the regulatory agencies responsible for enforcement of those regulations. Additionally, the AADA urges the Food and Drug Administration (FDA) to take action that will ban the sale and use of tanning equipment for non-medical purposes. We encourage education of the public on the hazards of indoor tanning by schools, government, industry, and medical professionals.

Unless and until the FDA bans the sale and use of tanning equipment for non-medical purposes, the AADA supports the following requirements for indoor tanning facilities:

1. No minor under 18 years old, should be permitted to use tanning devices.
2. A Surgeon General's warning should be placed on all tanning devices.
3. The warning label required of manufacturers for all tanning devices should read, "Ultraviolet radiation is a known human carcinogen and can cause skin cancer and other nonreversible forms of damage to the skin." The AADA encourages the FDA to amend the warning label requirements for sunlamp products to include specific formatting and placement requirements to more clearly and effectively convey the risks that these devices pose for the development of irreversible damage to the eyes and skin, including skin cancer.
4. A warning sign listing potential hazards of tanning device use, including information regarding the FDA's recommended limits of weekly and yearly exposure dose and the FDA's recommended limit on the frequency of usage, should be conspicuously posted next to each tanning device.

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5. A warning statement defining the potential hazards and consequences of exposure to Ultraviolet A and Ultraviolet B radiation (UVA and UVB),, should be signed by each patron.
6. All tanning devices should be inspected regularly for defects by a local or state public health department; written reports should be kept for each inspection.
7. Tanning device operators should receive adequate training to correctly operate the tanning facility and tanning devices, recognize injury or overexposure to Ultraviolet radiation, determine skin type of patrons, and implement emergency procedures in case of injury.
8. Tanning device operators should be required to provide sanitary, protective eyewear to each patron for use during tanning. Tanning device operators should be required to thoroughly sanitize the equipment after every use.
9. Tanning device operators should limit exposure time to the exposure time recommended by the device manufacturer on the tanning device or in the device operating manual.
10. No person or facility should advertise the use of any Ultraviolet A or Ultraviolet B tanning device as having positive health benefits or using wording such as "safe," "safe tanning," "no harmful rays," "no adverse effect," or similar wording or concepts.