

# AGE LIMIT FOR SUNBED USE IS 18

Using a sunbed increases your risk for skin cancer, so please use your common sense. Sunbed use is forbidden for people under the age of 18 years in Finland.



Choose tanning times according to your skin type. Your skin type affects how easily your skin tans and burns.

Skin type and sensitivity to UV radiation	1. session	2. session	Later sessions
Very sensitive Always burns easily, does not tan	Do not use a sunbed		
Sensitive Burns easily, tans a little	Do not use a sunbed		
Normal Burns fairly easily, tans gradually	5 minutes	10 minutes	10-15 minutes
High tolerance Sometimes burns, always tans well	5 minutes	10 minutes	10-15 minutes

## ➔ Guidelines for sunbed users

- Use sunbeds according to your own skin type.
- If you use medication, ask your doctor about sunbed use.
- Remove creams and cosmetics before using a sunbed.
- Do not use products that accelerate tanning. Cosmetics and medicines can make the skin more likely to burn.
- Protect your eyes from the sunbed's UV radiation with goggles. Unprotected eyes can become inflamed and be permanently damaged.
- Protect sensitive skin areas such as scars, tattoos and genitals from exposure.
- Do not use sunbeds on a regular basis. Start with a session of 5 minutes at the most. Check the times for later sessions from the table of skin types provided above.
- Leave at least 48 hours between the first two sessions, in order to notice possible side effects.
- Stop using the sunbed and seek medical advice if you experience a rash, itching, or other side effects.
- Do not use a sunbed and sunbathe on the same day.
- Do not use a sunbed more than 20 times per year.
- Do not use a faulty sunbed device. Inform the personnel about any problems you notice.

## ➔ Health risks from sunbeds

A sunbed use must not cause any skin reddening or sunburn formation.

The strong UV radiation of a sunbed may cause permanent damage to eyes and skin, such as cataracts, low vision and skin cancer.

The younger you start using sunbeds, the higher your risk is to develop melanoma. If you begin regular sunbed sessions before the age of 35, your risk for melanoma increases by 75 %.

Repeated exposure to sunbeds' UV radiation ages your skin prematurely, and increases your risk to develop also basal and squamous cell skin cancers. Consult your doctor if a mole on your skin begins to itch, grow, darken or ulcerate, or if any other unusual skin changes occur.

The Radiation and Nuclear Safety Authority (STUK) does not recommend sunbed use.

## ➔ Do not use a sunbed if

- you are under 18 years of age
- your skin is currently sunburned
- you burn easily in the sun
- you have a history of sunburns during childhood
- you do not tan in the sun
- your skin is pale or freckled
- you have many moles
- you or a close relative has had skin cancer
- you use photosensitising medication or cosmetics.