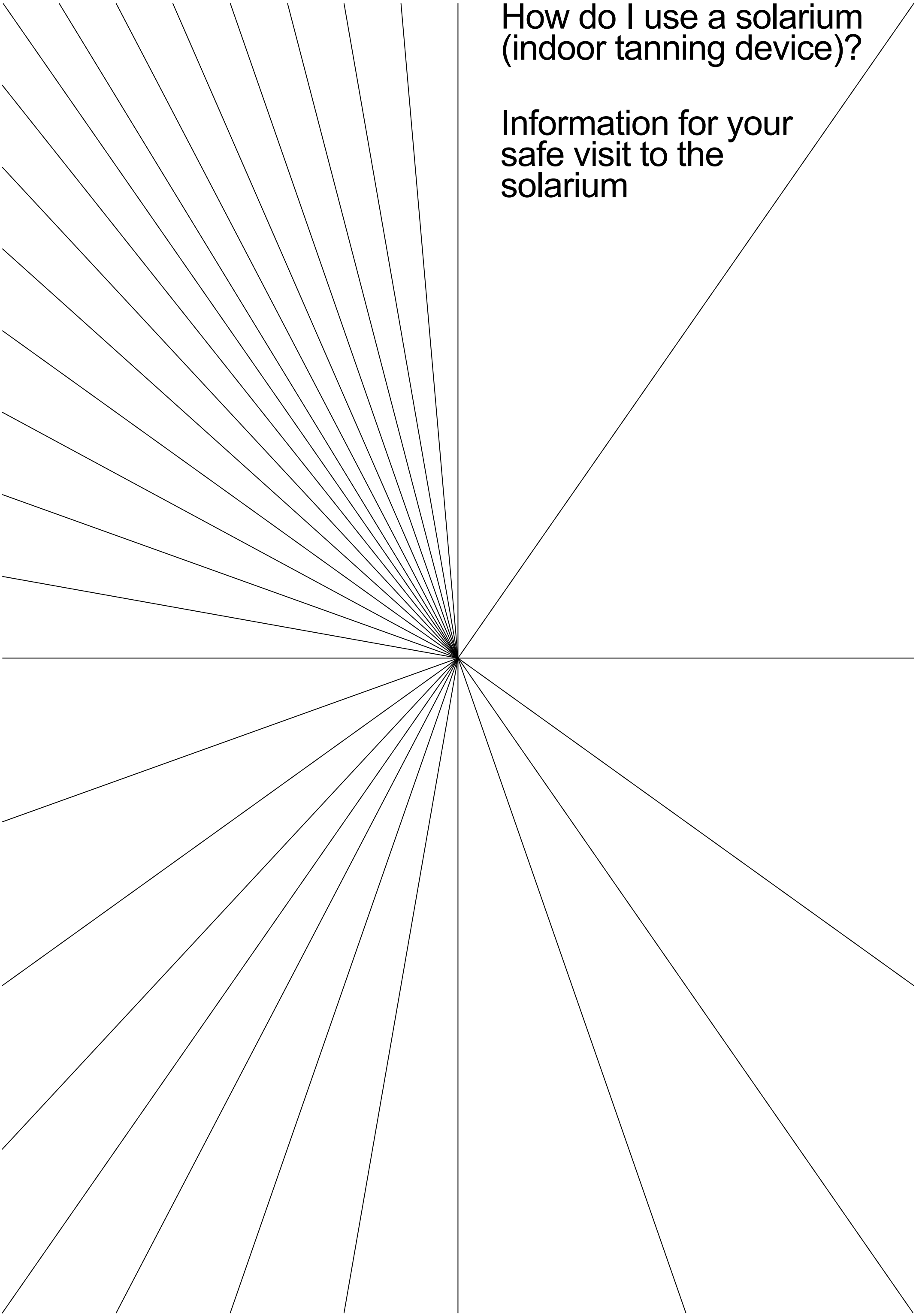


How do I use a solarium  
(indoor tanning device)?

Information for your  
safe visit to the  
solarium

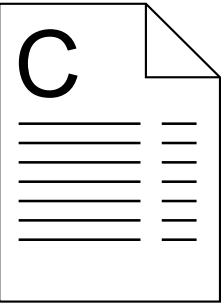


# Usage

1

## Starting a series of sessions

Start with the cabin exposure schedule.  
This contains all the relevant information.



C = Cabine sheet

**A** For the first series of sessions (i.e. with untanned skin), start at position (A).

**B** For subsequent series (i.e. if skin is already tanned), start at position (B).

**48h** Take a break of at least 48 hours between two sessions



## Before using a solarium

**WHO IS NOT PERMITTED TO USE A SOLARIUM?**  
People under 18 years of age may not use a solarium. If you belong to one of the following risk groups, you should not use a solarium under any circumstances:

- 1 People who have or have had skin cancer,
- 2 People with an increased risk of developing skin cancer, particularly if:
  - malignant melanoma has developed in their first-degree relatives,
  - they repeatedly suffered severe sunburn during childhood,
  - they have moles indicative of an increased risk of skin cancer,
- 3 People sensitive to UV radiation who:
  - suffer from sunburn,
  - don't tan at all in the sun or who respond rapidly with sunburn,
  - tend to develop freckles,
  - have areas of skin with unusual depigmentation,
  - naturally have red hair,
  - are being treated for light sensitivity,
  - are taking light-sensitive medication.

(More information is provided in the Solarium fact sheet)

**WHAT PRECAUTIONS NEED TO BE TAKEN BEFORE USING A SOLARIUM?**  
Do not remove body hair for at least 24 hours before using the solarium. Do not use cosmetics, perfumes, body creams, body sprays or deodorants before using the solarium.

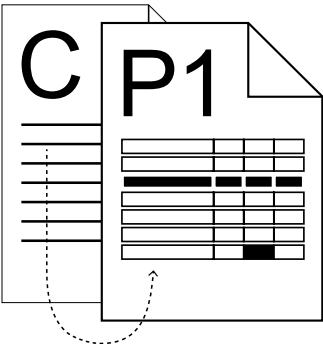
**RISKS ASSOCIATED WITH USING A SOLARIUM**  
Solariums emit radiation in the UV range. This can cause irreversible skin or eye damage, such as skin cancer or cataracts. Exposure to UV radiation, particularly in younger years, increases the risk of skin damage later in life. After excessive exposure to UV radiation, the skin can react with sunburn and premature ageing of the skin and an increased risk of skin cancer can result.

If you are sensitive or allergic to UV radiation, consult a doctor before your first tanning session.

2

## Transfer to personal exposure schedule

For each session, transfer the EER exposure and the contribution to the annual NMSC dose from the cabin exposure schedule to your personal exposure schedule.



P = Personal radiation plan

● → ● Transfer EER exposure and contribution to annual NMSC dose to personal exposure schedule.

||| 3000 Total EER exposure of a series of sessions reaches 3,000 J/m<sup>2</sup>.

3 wk Take a break of at least 3 weeks until the next series of sessions.



## When using a solarium

**PROTECTION AND HYGIENE**  
Before the session you should remove all cosmetics thoroughly and under no circumstances should you use sun creams or products that accelerate tanning. Protect sensitive areas of skin such as scars, tattoos and genitals against radiation and use suitable protective goggles to protect your eyes; these must be provided by the solarium operator.  
Clean the lying surface with disinfectant before and after the session. At the same time, check the filter glass of the high-pressure lamps for defects such as cracks and fissures: these may result in excessive irradiation.  
Remove jewellery before the session: it can lead to skin irritation or even burns. If you feel unwell while you are using the solarium, switch it off immediately.  
Further information about risks and measures to take is provided on the posters near the solarium.

**PERSONAL AND CABIN EXPOSURE SCHEDULE**  
Use the personal exposure schedules provided to record the erythema-effective radiation level (EER<sup>1</sup>) to which you are exposed over several sessions and your annual NMSC<sup>2</sup> dose. To do this, enter the figures from the cabin exposure plan in your personal exposure schedule for each session. The cabin exposure plan depends on the device being used and therefore needs to be displayed clearly on each device.

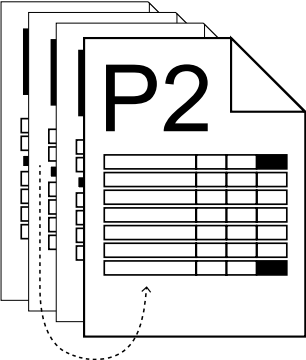
Set the time for the 1st session of the 1st series in such a way that you do not exceed an EER exposure of 100 J/m<sup>2</sup>. In the 2nd session of the 1st series you should not exceed an EER exposure of 250 J/m<sup>2</sup>. From the 3rd session your EER exposure should not exceed 600 J/m<sup>2</sup> each time.  
If your skin is already tanned, you can start the 2nd series with an EER exposure of 600 J/m<sup>2</sup> in the first session (B). If your skin is not tanned, you should also start the 2nd series with an EER exposure of 100 J/m<sup>2</sup> (A).

If you reach an EER exposure of 3,000 J/m<sup>2</sup> during a series, you should not use a solarium for at least three weeks. The EER exposure is added up separately for each personal exposure schedule, i.e. for each series of sessions.

3

## Carrying over to next series of sessions

For a new series of sessions, carry over the total contribution to the annual NMSC dose to the new personal exposure schedule (P2).



NMSC Carry the total contribution to the annual NMSC dose over to the new personal exposure schedule.

|||| 25000 Annual NMSC dose has reached 25,000 J/m<sup>2</sup> since beginning of first series of sessions.

1 yr Take a break until one year has elapsed since the start of the first series of sessions.



## After using a solarium

**SKIN REGENERATION**  
Take a break of at least 48 hours between two sessions. Do not sunbathe and use a solarium on the same day. If erythema (skin redness) develops after UV exposure, miss out the sessions on your exposure schedule for at least one week.  
If you develop unexpected side effects such as itching within 48 hours of exposure, if persistent swelling or sores develop on your skin or pigmented moles change their appearance, contact a doctor immediately.

**SKINCARE**  
Exposure to radiation causes the skin to lose a lot of moisture. After your session it's important for you to apply moisturising lotion or special after-sun products. This supplies the skin with moisture and also means that your tan will last longer.

**VITAMIN D**  
The UV-B radiation contained in sunlight produces vitamin D in the skin. According to the WHO, UV radiation can lead to chronic skin damage and premature skin ageing and can also cause cancer. Exposure to UV light in a solarium places an additional UV burden on the skin. This is why it is preferable to take vitamin D in food or supplements rather than use a solarium at times of the year when there is little natural sunlight. More information about vitamin D can be found in the Vitamin D and sunlight fact sheet.

<sup>1</sup>EER exposure:  
Level of erythema-effective radiation.

<sup>2</sup>NMSC dose:  
Level of exposure to non-melanoma skin cancer-effective radiation.