

## Public Health (Sunbeds) (Health Information) Regulations 2015

### HEALTH WARNING INFORMATION FOR SUNBED USERS

Using sunbeds can seriously harm your health and lead to melanoma skin cancer. Sunbeds have been linked to:—

- a higher risk of skin cancer — people who use sunbeds for the first time before the age of 35 years increase their risk of developing malignant melanoma (the most serious form of skin cancer) by 75 per cent;
- anyone who has ever used a sunbed is at least 20 per cent more likely to develop malignant melanoma;
- eye damage including melanoma of the eye and a higher risk of cataracts; and
- premature skin ageing which means that your skin becomes coarse, leathery and wrinkled at a younger age.

Your risk of developing skin cancer increases each time you use a sunbed.

There are also short term health effects:—

- sunburnt skin, which may become red, painful and blister;
- skin dryness;
- an itchy “heat” rash; and
- itchy eyes, conjunctivitis or more serious eye conditions if appropriate eye protection is not worn.

You should never use a sunbed if you:—

- have had skin cancer in the past;
- have a family history of skin cancer;
- have sunburn/skin damage or have a history of sunburn especially in childhood;
- burn easily in sunlight;
- have skin that never tans or does so with difficulty;
- have fair or sensitive skin;
- have a large number of freckles and/or red hair;
- have a large number of moles;
- are using medication or creams that make your skin more sensitive to sunlight;
- have a medical condition that is made worse by sunlight;
- have a suppressed or weakened immune system;
- fail to protect your eyes — never use a sunbed without wearing eye protection that meets the required standard; or
- are under 18 years (no person under 18 years may use a sunbed on these premises or purchase or hire a sunbed).

Skin is more sensitive to UV rays during pregnancy and sunburn is more common. Therefore, the risk of skin cancer is increased. Sunbeds should never be used during pregnancy.

**IT IS AGAINST THE LAW TO ALLOW A PERSON UNDER 18 YEARS USE A SUNBED ON SUNBED PREMISES OR TO HIRE OR SELL A SUNBED TO A PERSON UNDER 18 YEARS.**