



**Position Statement  
on**

**Indoor Tanning**

**(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;  
Amended by the Board of Directors August 18, 2012)**

The American Academy of Dermatology Association (AADA) opposes indoor tanning and supports prohibiting the sale and use of commercial indoor tanning equipment. The United States Department of Health and Human Services and the World Health Organization classify ultraviolet (UV) radiation from indoor tanning devices as carcinogenic to humans. Use of indoor tanning devices represents a significant and avoidable risk factor for the development of both melanoma and non-melanoma skin cancers. Other adverse effects due to indoor tanning include burns, premature aging of the skin, infection, and exacerbation of certain serious light sensitive conditions including lupus. In addition the Federal Trade Commission has sanctioned the Indoor Tanning Association for making false and misleading health claims.

With the rising incidence of melanoma and non-melanoma skin cancer in the United States, as well as increasing usage of tanning salons for cosmetic purposes by the public, the AADA encourages implementation of federal, state and local legislation regulating tanning salons. 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 prohibit the sale and use of commercial tanning equipment, and at a minimum reclassify tanning devices to more appropriately designate the health hazards associated with their use. We encourage education of the public on the dangers of indoor tanning by educational entities, government, industry, public health and medical professionals.

Unless and until the FDA takes action to prohibit 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 melanoma and non-melanoma skin cancers and lead to 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

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these devices pose for the development of irreversible damage to the eyes and skin, including skin cancer.

4. A warning sign listing known hazards, including the development of melanoma and non-melanoma skin cancer, 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. The warning sign shall have dimensions not less than 11 inches by 17 inches and lettering must be clear, legible and at least 0.25 inches high.
5. A warning statement defining the known 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 agency; written reports should be kept for each inspection.
7. Tanning device operators should receive comprehensive 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. In addition, advertisements touting benefits of vitamin D should contain a disclosure: "You do not need to become tan for your skin to make vitamin D. The safest way to obtain vitamin D is through diet and supplementation.<sup>1</sup> Exposure to ultraviolet radiation is a known risk factor in the development of melanoma and non-melanoma skin cancers."

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<sup>1</sup> Ross AC, Manson JE, Abrams SA, Aloia JF, Brannon PM, Clinton SK, et al. The 2011 Report on Dietary Reference Intakes for Calcium and Vitamin D from the Institute of Medicine: What Clinicians Need to Know. *J Clin Endocrinol Metab* Nov 29 2010 (epub ahead of print)