

## UV Light Treatments - Code of Practice 2

### Purpose

The purpose of this code of practice (COP) is to support the policy decisions and conditions of licence adopted by the council in respect of special treatments establishments. This particular code of practice is concerned with UV light facilities.

### Scope

This COP details specific requirements for UV light treatments in addition to those laid down in the regulations prescribing standard conditions applicable to all special treatment licensed premises.

### Definitions

#### Ultraviolet light

- Defined as three different wavelengths of ultraviolet radiation. UVA, UVB and UVC. UVC waves should not be present in sun tanning equipment.

#### Sun tanning equipment

- The use of ultraviolet light emitted from tubes to reproduce the effect of ultraviolet radiation from the sun on the skin in order to tan the skin. Includes sunbeds and upright tanning booths and face tanning equipment

#### Tanning accelerants and or amplifiers

- Defined as any cream, lotion or other substance which increases or purports to increase the amount of UV light absorbed by the production of melanin within the skin.

### Remote facilities

- All facilities shall be considered to be operated remotely where the therapist is out of audible range of the treatment room and the client would be unable to be summoned for help. A control to be in the enclosure by which the user may easily turn off the tanning equipment. An

accurate timer to be in reception area that is adjustable and accessible by trained staff so that times can be pre-set based on the user's skin type, and which cannot be set for an interval greater than the maximum safe exposure time. The UV emission shall stop automatically at the end of the pre-set time and shall not automatically resume.

## Cleaning

- This is a physical process which removes soil e.g. dust, dirt and organic matter, along with a large proportion of germs. Cleaning with hot water and detergent breaks up grease and dirt on floors and surfaces. Cleaning is essential prior to disinfection.

## Disinfectant

- For the purposes of cleaning a high-level disinfectant relates to disinfectants capable of reducing the number of viable bacteria and blood borne viruses including Hepatitis B & C and HIV but which may not necessarily inactivate some viruses and bacterial spores. Where the disinfectant requires dilution, this must be carried out in accordance with the manufacturer's instructions using clean potable water. Once diluted the disinfectant must be used in accordance with the manufacturer's instructions.

## Qualifications

Staff advising clients on use of the tanning equipment must have successfully completed one of the following training courses:

- sports management UV light training (ISRM)
- specific manufacturer training for the facility offered in your premises
- membership to the sunbed association and receipt of their training package
- NVQ unit BT30 Provide UV Tanning Treatments

## UV risk assessment

Operators must carry out an assessment of the risks associated with exposure to UV radiation and take measures to control these risks as far as is reasonably practicable.

## Health and safety procedures

- Sunbeds are 'hard wired' into isolators. Staff should know where each Sunbed's isolator switch is.
- The sunbed must be sited in a separate room or area such that the light emitting from it does not shine into any other part of the establishment. Thereby ensuring that staff and other clients are not exposed to radiation.
- Ventilation must be provided to treatment rooms and cubicles to ensure their temperature is no more than five Celsius above ambient room temperature.
- Adequate shower or sink facilities with non-sensitising liquid soap must be provided to allow skin preparations and make-up to be washed off. An automatic timer shall be fitted to the equipment and shall be of good quality with an accuracy of plus or minus 10 percent and shall be such that the user is unable to increase the duration of the treatment.
- Emergency devices (button or cord) shall be fitted within easy reach of a person using the equipment. These devices when operated may switch off the ultraviolet lamps (or be manually switched off by receptionist/sunbed operator) and audibly summon assistance throughout salon (in the case of the lay down beds it must also raise the upper canopy, or panel unit).
- Locks and latches fitted to tanning booths shall be easily unlocked and opened from the inside and outside the booth by staff.
- All equipment shall be of sound mechanical construction.
- The electrical safety, including adequate earthing and insulation of all equipment, should be examined annually by a qualified engineer who should report in writing the result of his inspection.
- Equipment must be regularly serviced in accordance with the manufacturer's instructions and a record of such services and copies of the electrical engineers report must be kept on the premises for inspection if required.
- Fans should be adequately guarded. Larger laydown sunbeds need ducting to an external wall to extract hot air.
- Gaps at base and/or top of cubicles to allow air circulation
- A poster that provides accurate information on the health risks from exposure to ultraviolet light must be clearly displayed near each sunbed. <https://www.hse.gov.uk/pubns/misc869.pdf>
- Unattended or coin operated tanning devices are not permitted.
- Persons under the age of 18 years shall not be permitted to use UV tanning equipment, this is in line with The Sunbeds (Regulation) Act 2010 and current [Health and Safety Executive](#) advice. Tanning unit

operators must take appropriate steps as part of the client consultation process to ensure under 18 year olds are not able to use the UV tanning equipment. Where necessary photographic proof of identification should be requested, and the information noted on the client record card.

## Client consultation procedures

All clients must be screened prior to first sunbed use and any contra-indications identified. Clients whose skin is prone to UV damage must be advised not to use tanning equipment. Those most at risk will include:

- people who have fair sensitive skin that burns easily
- people with a history of sunburn, especially in childhood
- people with a large number of freckles or red hair
- people with a significant number of moles
- people taking a medicine or using a cream which may sensitise the skin to sunlight, including some antibiotics, tranquillisers, some birth control pills, high blood pressure tablets, diuretics, certain analgesics for arthritis and rheumatism
- people who have, or have had, skin cancer or who have a history of skin cancer in their immediate family
- children under the age of 18
- women who are pregnant
- people prone to frequent cold sores
- people with a heart or circulatory condition, low or high blood pressure
- some forms of diabetics

Where a sunbed operator is unsure as to whether UV tanning treatment is suitable for a client treatment should be refused or the client referred to their GP for medical advice.

Suitable tanning advice must be given to all clients relative to their skin type and certain matters shall be discussed before an appropriate regime is recommended.

- What is your normal reaction to sunlight, remembering that you may be exposing parts of your body not normally exposed to sunlight.
- Certain medical conditions may affect reactions to UV light. If this were the case, then the Doctor would normally have advised you. However,

if you have any doubts then obtain medical advice before the first treatment session.

- Many medical preparations such as medicines, drugs, pills, lotions, creams etc can increase your sensitivity to UV light. Please check the manufacturers leaflets if you are using any such preparations or obtain medical advice before the first treatment session.
- Many skin preparations, including some cosmetics, deodorants, anti-perspirants, soaps and other substances applied to the skin may increase your sensitivity to UV light. These should be avoided on the day intended for tanning unless the supplier or manufacturer is able to give specific advice that the preparation does not influence UV sensitivity.
- Showering or washing before tanning is recommended. However, this will not necessarily remove all the effects of some skin preparations.
- Please note the poster on display that gives further safety advice.

<https://www.hse.gov.uk/pubns/misc869.pdf>

Client record cards must be kept detailing each and every sunbed exposure including date and duration of exposure. Customers should be reminded to advise salon of any changes to medical history.

Client record cards must contain the information needed for the client to determine their skin type. Clients must sign and date the record card at the time of their first visit. After 60 sessions in any 12-month period clients should be advised in writing of the situation and reminded of the risks related to UV exposure. It is advised that a minimum of 24hours preferably 48 hours is given between all sessions.

Suitable single use or reusable goggles for the protection of the eyes of users of the equipment must be provided. Each user must be advised of the possible damage of failing to properly protect their eyes and that contact lenses should be removed. Re-usable eyewear must be correctly sterilised after each use and stored in an airtight container between use – not left loose in the cubicle.

Each user must be advised how to safely operate the tanning equipment and a notice of instruction shall be displayed within each enclosure.

## Tanning accelerators

- Licence holders must hold product information for any tanning accelerators they sell.

- Tanning accelerators must comply with the Cosmetic Products (Safety) Regulations 1996

## Control of infection

- The surface of the sunbed must be disinfected after each use in accordance with manufacturer's instructions and with cleaning materials specified by the manufacturer.
- All goggles must be disinfected between clients or single use disposable goggles provided.

## Record keeping

- Records must be kept of the hours of use of each machine.
- Records of all maintenance and details of when tubes are replaced must be kept and be available for inspection.
- Tubes must be replaced at intervals recommended by the manufacturer, together with the ultraviolet transmitting plastic sheet if fitted.
- Length of exposure time shall be reduced when new tubes have been fitted in line with manufacturer's instructions and suitable warning signs to that effect shall be displayed.
- Replacement tubes shall be compatible with those supplied by the manufacturer.
- The maximum permitted output for new tubes is 0.3 w/m<sup>2</sup>.
- Consultation records must be held at the premises and be available for inspection by an authorised officer.

## Review

- This code of practice will be reviewed regularly and updated in light of current industry guidance and legal opinion.
- Any changes will be notified to licensees and will be attached as conditions to your licence with effect from the date of the next renewal of your licence.

Up to date copies are available by contacting our [Regulatory Services](#).

## Further information

- [Institute of Sport and Recreation Management \(ISRM\)](#)
- [The Health & Safety Executive](#)
- [The World Health Organisation](#)