

A Quick Quiz to Share with Your Tanners

By Brenda Fishbaugh

1. Do you need to wear eye protection when tanning?
 YES NO
2. Can you lose your night vision from tanning without eye protection?
 YES NO
3. Does closing your eyes protect them from UV rays?
 YES NO
4. Can you lose your color vision by not wearing eye protection?
 YES NO
5. If you have a personal pair of goggles, do you need to clean them?
 YES NO
6. If you adjust your eye protection during tanning, will you reduce tan lines?
 YES NO
7. Will a towel over your face protect your eyes from UV rays?
 YES NO
8. Are colds and flu spread more through the eyes than the mouth?
 YES NO
9. Are eye burns the #1 reason tanners seek medical attention after one UV session? YES NO

ANSWERS:

1. **YES!** The intense UV light from indoor tanning systems can cause permanent eye damage. Always wear eye protection!
2. **YES!** UV overexposure – both indoors and outdoors – is the only cause of night vision loss. No drug or surgery can restore it.
3. **NO!** Eyelids block less than 25% of UV light. Growths on the eyelids can result.
4. **YES!** Color perception fades very quickly from UV overexposure of unprotected eyes.

5. **YES!** Wash your goggles after every use and store in a clean container (not loose in your purse, gym bag or hanging from your car's rearview mirror).
6. **YES!** Adjusting eye protection slightly and removing all eye makeup pre-session helps minimize tan lines around your eyes (makeup can contain high SPF).
7. **NO!** A towel is almost NO UV protection. Protect your face with SPF 15+ lotion, or a face cover especially made for tanning, and use eye protection.
8. **YES!** More cold germs are spread by

touching your eyes or wearing contaminated goggles.

9. **YES!** Every year since 1978, the FDA (Food and Drug Administration) has reported that eye burns caused by unprotected tanning are the most common reason tanners seek medical treatment. ■



About the Author:

Tanning industry veteran Brenda Fishbaugh is president of Eye Pro, Inc., makers of disposable eyewear. She travels extensively training salons on

the effects of UV light on vision.

