

# Do I Really Need To Wear Eye Protection When I Tan?

Take this quiz and find out!

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?**

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 move your eye protection during your tanning session, will you reduce tan lines?**

Yes No

**7. Will putting a towel over your face protect your eyes?**

Yes No

**8. Are colds and flu spread more through the eyes than the mouth?**

Yes No

**9. Are eye burns the No. 1 reason tanners seek medical attention after one UV session?**

Yes No

### ANSWERS:

**1. YES!** The intense UV light from tanning beds can cause permanent eye damage – always wear protection!

**2. YES!** UV overexposure – indoors or 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 tanning without eye protection.

**5. YES!** Wash your goggles after every use and store in a clean container (no purse, gym bag or hanging from a rear view mirror).

**6. YES!** Adjusting eye protection slightly and removing all eye makeup helps minimize tan lines around your eyes (makeup can contain high SPF).

**7. NO!** A towel is almost NO protection. Protect your face with SPF15+ lotion 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) reports that eye burns from unprotected tanning are the most common reason that 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.



## WINK-EASE has won

# "Favorite Eyewear" 5 years in a row!



Get in bed with the best!



WinkEase.com

