

TO: Tanning facility owner/manager

The owner/manager is responsible for training employees who will work with tanning customers every 5 years. Please use the Training Program manual sent with your registration packet and the enclosed test to train each employee. Follow the directions on the test carefully. Use a copy to test to your employee as we are not able to provide multiple copies. Do not return any testing material to IDPH for scoring. You can find the Training Program manual and this test on our website: idph.state.ia.us. Click on "A-Z index", "T", "Tanning facilities."

All tests should be kept on file at the facility because the inspector will be reviewing the test during facility inspections. Make sure all signatures and dates are complete. Any operator may be questioned about items in the training material during an inspection.

This notice does not apply to owner/manager testing which must be completed at the county health department.

We appreciate your cooperation in making this program work. The alternative is traveling and paying a fee to take a monitored test. Please let me know if you have any questions.

Sincerely,

Charlene Craig
Bureau of Radiological Health
515-281-0415; email: ccraig@idph.state.ia.us

Iowa Department of Public Health TANNING FACILITY OPERATOR TEST -
employee (10/07)

Name (Print)

Facility name

Address

Read each question and choose the best answer by circling the correct letter. Make only one mark per item. You may use the Training Manual and IDPH Health Warnings and Photosensitizing Drug List in order to answer the questions correctly.

1. Which type of ultraviolet light usually produces sunburn?
a. UVA b. UVB c. UVC
2. Which type of ultraviolet light is most efficient in stimulating the skin to produce tanning?
a. UVA b. UVB c. UVC
3. Which type of ultraviolet light penetrates deeper to cause premature skin aging?
a. UVA b. UVB c. UVC
4. Two main layers of the skin are:
a. epidermis and basal b. dermis and melanin c. epidermis and dermis
d. basal and melanin
5. If melanin cannot reach the surface quickly enough, what happens?
a. dark blotches on the skin b. burning c. skin thickening d. skin cancer
6. UVA exposure can cause:
a. increased risk of skin cancer b. Skin thickening c. premature aging d. a, b, and c
7. Following exposure, a burn can start to show anytime within:
a. ½ to 8 hours b. ½ to 18 hours c. ½ to 12 hours d. ½ to 24 hours
8. Remedies for UV burn include avoiding further exposure, and
a. hot compresses b. Solarcaine c. cold compresses d. alternating hot and cold compresses
9. A tan from UVA may not show up for:
a. 8 hours. b. 12 hours c. 24 hours d. 48 hours
10. Which skin unit causes the skin to darken?
a. basal cells b. prickle cells c. dermal cells d. melanin

11. Overexposure to UV can increase the chance of skin cancer.
a. True b. False
12. Skin Type I burns easily.
a. True b. False
13. If you don't tan in the sun, you probably won't get a tan in a tanning bed.
a. True b. False
14. A red-haired person will probably burn easily.
a. True b. False
15. A person with freckles will tan easily.
a. True b. False
16. Photosensitivity can cause rashes.
a. True b. False
17. Photosensitivity can cause itching.
a. True b. False
18. Skin cancer is never fatal.
a. True b. False
19. High pressure tanning units use mostly:
a. UVA b. UVB c. UVC

The following are considered photosensitizing substances and require special care when tanning:

- | | | |
|--|---------|----------|
| 20. diuretics - | a. True | b. False |
| 21. antidepressants - | a. True | b. False |
| 22. tranquilizers - | a. True | b. False |
| 23. antihistamines - | a. True | b. False |
| 24. antibacterials | a. True | b. False |
| 25. high blood pressure medication - | a. True | b. False |
| 26. antibiotics | a. True | b. False |
| 27. birth control pills - | a. True | b. False |
| 28. Anti-inflammatory | a. True | b. False |
| 29. cough suppressants - | a. True | b. False |
| 30. St John's Wort | a. True | b. False |
| 31. shampoos and soaps made with citrus fruit extracts - | a. True | b. False |
32. Photosensitive persons should be given longer tanning times.
a. True b. False
 33. The use of sunscreens or lotions before or during tanning can cause a photoallergic reaction.
a. True b. False
 34. Heat rash can be lessened by turning over during the tanning session.

- a. True b. False
35. Two extremely photosensitizing drugs to be particularly aware of are:
a. phenothiazine and methoxypsoralen
b. porphyrins and psoralens
c. phenothiazine and psoralens
d. methoxypsoralen and trimethylpsoralen
36. During pregnancy, the main concern for consumers is:
a. Overheating/skin blotching b. Burning easier c. Rashes d. More sensitive to skin cancer
37. The facility can provide eyewear to consumers provided that it is cleansed between uses.
a. True b. False
38. Eyewear can be worn without straps even though the eyewear came with the straps.
a. True b. False
39. Cotton wads are an effective protection for eyes while tanning.
a. True b. False
40. UV light damages what part of the eye.
a. cornea only c. both cornea and retina
b. retina only d. eyelid
41. Eye burns can cause permanent damage.
a. True b. False
42. The operator must ask to see the consumer's eyewear.
a. True b. False
43. What brand is approved protective eyewear:
a. Super Sunnies b. Peepers c. Wink Ease d. All of these
44. Looking at a sunlamp for just a few seconds without protective eyewear will not damage the eyes.
a. True b. False
45. Consumers must sign a statement that they have read the IDPH health warnings:
a. at sign-up and every six months after c. at sign-up only
b. at sign-up and yearly after d. every time they tan
46. Records must be kept of the consumer's:
a. signing of the IDPH Health Warnings b. tanning date c. tanning minutes d. all of these
47. If the lamp is new, tanning times may need to be reduced during the first
a. 20 hours of use b. 100 hours of use c. 50 hours of use d. not at all

48. It is permissible to let a consumer use the tanning bed without protective eyewear occasionally.
a. True b. False
49. If a consumer reports a major skin reaction or burn requiring a doctor's attention:
a. Note time of reaction, type, and treatment on consumer record
b. Deny future tanning
c. Send report of reaction to state health department
d. a and c
50. A consumer may tan every 24 hours if:
a. the consumer has a base tan already. c. the labeling on the unit says it is OK
b. the consumer requests it d. never
51. A consumer may be granted permission to deviate from the manufacturer's exposure schedule:
a. If the consumer has a base tan already
b. If the consumer asks
c. If the consumer agrees to sign a liability release
d. Never
52. Once the consumer is in the tanning unit, the operator does not need to time the tanning session.
a. True b. False
53. Contact surfaces must be cleaned
a. after each use c. at the beginning of each day
b. after every sixth use d. whenever they appear dirty
54. If the eyewear meets FDA standards, it may be used even if the straps have been removed.
a. True b. False
55. If a consumer doesn't want to wear protective eyewear
a. have them sign a liability release and let them tan
b. let them tan once but not a second time
c. deny them tanning
d. use facility policy
56. If a consumer reports a minor skin reaction,
a. note time of reaction, type, and treatment on consumer record
b. deny future tanning
c. send all reports of reactions to state health department
d. remind consumer that they signed a liability release notice
57. Tanning units need an operator present even if
a. they are token-timed
b. they are operated from a central timing desk
c. they are operated in the home for friends only
d. all of the above

I verify that I have read the training manual and answered the above questions without prior knowledge of the scoring key. If I fail to answer all of the questions correctly, I will review the training booklet again and make corrections on this examination. The date of each attempt is recorded below.

I understand that I may be questioned by an inspector about the training booklet material.

Name _____ Date _____

I, as supervisor, verify that the above person has completed this examination without prior knowledge of the scoring key.

Name _____ Date _____

1. Sign and date the test.
2. Have the supervisor correct the test. If any questions are missed, review this booklet again, and correct the missed questions.
3. Sign and date the test again.
4. Repeat #4 and #5 until all questions are answered correctly.
5. Complete the facility training and sign and date the facility training form.
6. Keep the test and Individual Facility Training form on file at the facility for inspector review.

DO NOT SEND THIS TEST TO THE HEALTH DEPARTMENT.

INDIVIDUAL FACILITY TRAINING

I verify that I have instructed _____ in the following information specific to my particular tanning unit(s):

Signature of Trainer

Date

I verify that I have received the following training specific to the particular tanning unit(s) I operate:

Signature of Operator

Date

- Have read the user's manual and am familiar with its recommendations on exposure.
- Am familiar with the tanning unit and how it works.
- Know how to determine tanning times according to skin type.
- Know how to adjust tanning times for previous tanning exposures, photosensitizing agents, and new lamps.
- Know how to clean the bed and what cleansing agent to use.
- Recognize brands of goggles that are approved. Check them for alterations and/or cracks.
- Know what records are to be kept and where.
- Know where the consumer is to sign that they have read the IDPH health warnings.
- Know facility procedure for denying tanning to those who refuse to follow required regulations.
- Know the procedures for emergencies and where the phone numbers are located.

Answers to employee test

- | | |
|-------|-------|
| 1. b | 45. b |
| 2. b | 46. d |
| 3. a | 47. c |
| 4. c | 48. b |
| 5. b | 49. d |
| 6. d | 50. c |
| 7. a | 51. a |
| 8. c | 52. b |
| 9. d | 53. a |
| 10. d | 54. b |
| 11. a | 55. c |
| 12. a | 56. a |
| 13. a | 57. d |
| 14. a | |
| 15. b | |
| 16. a | |
| 17. a | |
| 18. b | |
| 19. a | |
| 20. a | |
| 21. a | |
| 22. a | |
| 23. a | |
| 24. a | |
| 25. a | |
| 26. a | |
| 27. a | |
| 28. a | |
| 29. b | |
| 30. a | |
| 31. a | |
| 32. b | |
| 33. a | |
| 34. a | |
| 35. d | |
| 36. a | |
| 37. b | |
| 38. b | |
| 39. b | |
| 40. c | |
| 41. a | |
| 42. a | |
| 43. d | |
| 44. b | |