

SCHEDULE 1

(Regulation 3)

HEALTH WARNING

INFORMATION FOR SUNBED USERS

You should be aware that using sunbeds may harm your health in the long term. They have been linked to:—

- a significantly higher risk of skin cancer including malignant melanoma (the most serious form of skin cancer);
- eye damage including a higher risk of cataracts – if appropriate eye protection is not worn;
- accelerated skin damage, including premature ageing of the skin.

These health risks outweigh any potential benefits in using sunbeds to supplement Vitamin D.

There are also short term health effects:—

- sunburnt skin, which may become red, painful and blister;
- skin dryness;
- an itchy “heat” rash;
- eye irritation or conjunctivitis if appropriate eye protection is not worn.

You may be at increased risk of harm from sunbed use if you:—

- have a history of skin cancer or someone in your close family has a history;
- have fair or sensitive skin that burns easily in sunlight;
- have a history of sunburn especially in childhood;
- have a large number of freckles and/or red hair;
- have a large number of moles;
- already have skin damage due to sunlight;
- have a medical condition that is made worse by sunlight;
- are taking medication or using certain creams that may sensitise the skin to sunlight;
- have an immune system which is suppressed.