

## SCHEDULE 1

(Regulation 7(1))

### Prescribed Health Information to be Provided

#### “GWYBODAETH IECHYD I DDEFNYDDWYR GWELYAU HAUL

Gall defnyddio gwelyau haul niweidio'ch iechyd yn y tymor hir. Maent wedi eu cysylltu â'r canlynol:

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- risg uwch o ganser y croen — mae pobl sy'n defnyddio gwelyau haul am y tro cyntaf cyn iddynt fod yn 35 oed yn cynyddu eu risg o ddatblygu melanoma malaen (y ffurf fwyaf difrifol ar ganser y croen) 75 y cant;
- niwed i'r llygaid gan gynnwys risg uwch o gael cataractau — os na fydd offer priodol i amddiffyn y llygaid yn cael eu gwisgo; a
- heneiddio'r croen cyn pryd sy'n golygu y bydd eich croen yn mynd yn arw, fel lledr ac yn grychiog mewn oedran iau.

Mae'r risgiau iechyd o ddefnyddio gwely haul yn uwch nag unrhyw fuddion posibl y gallent eu rhoi o ran cynorthwyo'r corff i greu Fitamin D.

Mae effeithiau iechyd byrdymor hefyd, sef:—

- croen sydd wedi llosgi yn yr haul, ac a all fynd yn goch, yn boenus ac yn bothello;g;
- sychder croen;
- brech “wres” goslyd; a
- cosi yn y llygaid neu lid pilen y llygad os na wisgir offer priodol i amddiffyn y llygaid.

Ni ddylech ddefnyddio gwely haul:

- os ydych wedi cael canser y croen yn y gorffennol;
- os oes gennych hanes teuluol o ganser y croen;
- os oes gennych groen golau neu sensitif;
- os ydych yn llosgi'n hawdd yng ngolau'r haul;
- os oes gennych lawer o frychau haul a/neu wallt coch;
- os oes gennych lawer o fannau duon;
- os ydych yn defnyddio meddyginiaeth neu elïau sy'n gwneud eich croen yn fwy sensitif i olau'r haul;
- os oes gennych gyflwr meddygol sy'n cael ei waethygu gan olau'r haul;
- os oes gennych system imiwnedd sydd wedi ei gwanhau;
- os methwch ag amddiffyn eich llygaid — peidiwch byth â defnyddio gwely haul heb wisgo offer priodol i amddiffyn eich llygaid; neu
- os ydych o dan 18 oed (ac ni chaiff neb o dan 18 oed ddefnyddio gwely haul yn y fangre hon).

Mae rhai menywod yn canfod bod eu croen yn fwy sensitif yn ystod beichiogrwydd. Gallai hyn olygu bod eich croen chi yn fwy tebygol o losgi yn yr haul neu os byddwch yn defnyddio gwely haul.

#### HEALTH INFORMATION FOR SUNBED USERS

Using sunbeds can harm your health in the long term. They have been linked to:—

- a higher risk of skin cancer — people who use sunbeds for the first time before the age of 35 increase their risk of developing malignant melanoma (the most serious form of skin cancer) by 75 per cent;
- eye damage including a higher risk of cataracts — if appropriate eye protection is not worn; and

*Status: This is the original version (as it was originally made). This item of legislation is currently only available in its original format.*

- premature skin ageing which means that your skin becomes coarse, leathery and wrinkled at a younger age.

The health risks of using a sunbed are greater than any possible benefits they might provide in helping the body create Vitamin D.

There are also short term health effects:—

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

You should not use a sunbed if you:

- have had skin cancer in the past;
- have a family history of skin cancer;
- have fair or sensitive skin;
- burn easily in sunlight;
- have a large number of freckles and/or red hair;
- have a large number of moles;
- are using medication or creams that make your skin more sensitive to sunlight;
- have a medical condition that is made worse by sunlight;
- have an immune system which is weakened;
- fail to protect your eyes — never use a sunbed without wearing appropriate eye protection; or
- are under 18 (and no person under 18 may use a sunbed on these premises).

Some women find their skin is more sensitive during pregnancy. This could mean that your skin may be more likely to burn in the sun or if you use a sunbed.”

## SCHEDULE 2

(Regulation 7(2))

### Prescribed Health Information to be Displayed

“GWYBODAETH IECHYD

Gall defnyddio gwely haul niweidio'ch croen a'ch golwg a chynyddu eich risg o ddiodef gan ganser y croen.

HEALTH INFORMATION

Sunbed use can damage your skin and eyesight and increase your risk of suffering from skin cancer.”