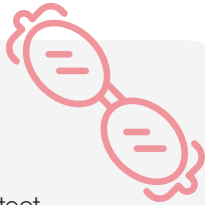


## CHECKLIST

# Tanning safety

### Wear Eye Protection

Always use approved tanning goggles to protect your eyes from UV damage.



### Avoid Tanning If...

... you have a history of skin cancer, you're pregnant or have open wounds or a sunburn.



## Tips on How to Use a Sunbed Responsibly

### Stay Hydrated

Drinking plenty of water before and after tanning sessions is vital for keeping your skin hydrated.



### Use Sunscreen

Tanned skin can still burn. When you are not tanning, protect your skin from UV exposure.



### Check Your Medications

Certain medications can increase photosensitivity. Consult your doctor if you are unsure.



### Limit Session Frequency

Allow 24-48 hours between tanning sessions to give your skin time to recover and produce melanin.



### Know Your Limits

Never exceed the recommended tanning time for your skin type to avoid and prevent skin damage.

