

# Killer Tan.



**What you don't know about indoor tanning can hurt you.  
It can even kill you.**

Many believe indoor tanning to be healthy for their skin. But the ugly truth is that ultraviolet rays from tanning beds cause skin damage, which could lead to deadly melanoma skin cancer. Unfortunately none of the scary side effects of skin cancer will ever fade away as quickly as a tan. Tanned skin is damaged skin. When the tan fades the damage is still there.

**Stay healthy to stay beautiful.**



Canadian Cancer Society  
Société canadienne  
du cancer

Learn more about skin cancer by visiting: [www.cancer.ca](http://www.cancer.ca)

If you are concerned a tanning bed location is not following the Skin Cancer Prevention Act, please contact Public Health

Grey Bruce Health Unit [www.publichealthgreybruce.on.ca](http://www.publichealthgreybruce.on.ca) 1-800-263-3456

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## Protecting Youth: The Skin Cancer Prevention Act

As of May 1, 2014, Ontario is protecting young people from skin cancer through legislation that restricts the use of tanning beds by youth under the age of 18.

The International Agency for Research on Cancer (IARC) has stated that tanning bed use increases the risk of the deadliest form of skin cancer, malignant melanoma. Indoor tanning before the age of 35 significantly increases a person's risk of melanoma.

**Effective May 1, 2014,** The Skin Cancer Protection Act, established new requirements that include the following:

### **Banning Marketing to Young People:**

Restricts marketing and advertising targeted to youth under the age of 18 or that is false or misleading.

### **Sign Requirements:**

Requires specific signs, at designated locations, that will inform tanning bed users of the:

- Dangers associated with tanning bed use.
- Requirement to use protective eyewear.
- Restriction on youth under 18 years old.

Signs are also required to remind employees that individuals under the age of 18 are not allowed to use tanning beds and that they must ask for identification from anyone under the age of 25.

### **Identification:**

Requires individuals that appear to be younger than 25 years of age to present identification that includes a photo and date of birth (e.g., Ontario driver's licence, Canadian passport, photo card from the Liquor Control Board of Ontario).

### **Eyewear Requirements:**

Requires tanning bed operators to advise customers about eyewear, provide customers with eyewear for use or sale, and provide instructions on their proper use.

### **Tanning without an Attendant:**

Requires that tanning bed operators not allow the use of tanning beds without an attendant (no 'self-tanning').

### **Penalties:**

Sets penalties that are consistent with the Health Protection and Promotion Act, specifically \$5,000 for individuals and \$25,000 for corporations, for every day or part of a day for which they fail to comply with the law.

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