TO: Tanning facility owner/manager

Employees who will work with tanning customers are required to be trained by the owner/manager initially and every 5 years thereafter. Please use the Training Program manual and IDPH Health Warnings sent with your registration packet and the enclosed test to train each employee. Follow the directions on the test carefully. Copy the test as many times as needed as we do not provide multiple copies. Do not return any testing material to IDPH for scoring. You can also find the Training Program manual, IDPH Health Warnings, and this test on our website: www.idph.state.ia.us. Click on "A-Z index", "T", "Tanning facilities."

All tests should be kept on file at the facility for review by the inspector 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 responsible for the facility inspections.

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: charlene.craig@idph.iowa.gov

Iowa Department of Public Health TANNING FACILITY OPERATOR TEST - **employee (10/2009)**

_____
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. Two types of ultraviolet (UV) light given off by tanning lamps:
   a. UVA and UVB b. UVA and UVC c. UVB and UVC d. UVA, UVB, UVC

2. Which type of ultraviolet light causes burns quicker?
   a. UVA b. UVB c. UVC

3. Which type of ultraviolet light is most efficient in stimulating the skin to produce tanning?
   a. UVA b. UVB c. UVC

4. Which type of ultraviolet lamp can give off as much as 10 times more ultraviolet light than the sun?
   a. UVA b. UVB c. UVC

5. Which type of ultraviolet light penetrates deeper to cause premature skin aging?
   a. UVA b. UVB c. UVC

6. High pressure tanning units use mostly:
   a. UVA b. UVB c. UBC

7. Two main layers of the skin are:
   a. epidermis and basal b. dermis and epidermis c. epidermis and melanin d. basal and melanin

8. If melanin cannot reach the surface quickly enough, what happens?
   a. burning b. dark blotches c. skin thickening d. skin cancer

9. UVA exposure can cause:
   a. increased risk of skin cancer b. Skin thickening c. premature aging d. a, b, and c

10. Following exposure, a burn can start to show anytime within:
    a. ½ to 24 hours b. ½ to 18 hours c. ½ to 12 hours d. ½ to 8 hours

11. A burn can continue to increase for up to ____.
    a. 24 hours b. 18 hours c. 12 hours d. 6 hours.

12. Remedies for UV burn include avoiding further exposure, and
    a. hot compresses b. Solarcaine c. cold compresses d. alternating hot and cold compresses

13. A tan from UVA becomes visible within:
    a. 8-12 hours. b. 12-18 hours c. 18-24 hours d. 36-48 hours

14. Sunburn can take up to _____ days to repair.
    a. 30 days b. 15 days c. 10 days d. 5 days

15. Overexposure to UV does not increase the chance of skin cancer.
    a. True b. False

16. Skin cancer is never fatal.
    a. True b. False

17. Skin Type I tans easily.
    a. True b. False

18. If you don't tan in the sun, you probably will get a nice tan in a tanning bed.
    a. True b. False

19. A red-haired person will probably burn easily.
    a. True b. False

20. A person with freckles will burn easily.
    a. True b. False

21. Photosensitivity can cause rashes and/or itching.
    a. True b. False

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

22. waterpills -	a. True	b. False
23. antidepressants -	a. True	b. False
24. tranquilizers -	a. True	b. False
25. antihistamines -	a. True	b. False
26. deodorant soap	a. True	b. False
27. high blood pressure medication -	a. True	b. False
28. antibiotics	a. True	b. False
29. birth control pills -	a. True	b. False
30. Ibuprofen	a. True	b. False
31. lipstick -	a. True	b. False
32. St John's Wort	a. True	b. False
33. perfumes with musk ambrette -	a. True	b. False

34. Photosensitive persons should be given shorter tanning times.
    a. True b. False

35. The use of sunscreens or lotions before or during tanning cannot cause a photoallergic reaction.
    a. True b. False

36. Heat rash cannot be lessened by turning over during the tanning session.
    a. True b. False

37. 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

38. During pregnancy, the main concern for consumers is:
    a. Overheating/skin blotching b. Burning easier c. Rashes d. Damaging the baby

39. The facility can provide eyewear to consumers provided that it is cleansed between uses.
    a. True b. False

40. Eyewear can be worn without straps even though the eyewear came with the straps.
a. True b. False

41. Cotton wads are not an effective protection for eyes while tanning.
a. True b. False

42. UV light damages what part of the eye.
a. cornea only c. eyelid
b. retina only d. cornea and retina

43. Eye burns cannot cause permanent damage.
a. True b. False

44. The operator must ask to see the consumer's eyewear before each session.
a. True b. False

45. What brand is approved protective eyewear:
a. Super Sunnies b. Peepers c. Wink Ease d. All of these

46. Looking at a sunlamp for just a few seconds without protective eyewear can cause eye burn.
a. True b. False

47. Consumers must sign a statement that they have read the IDPH health warnings:
a. whenever they change medications c. at sign-up only
b. at sign-up and yearly after d. every time they tan

48. Records must be kept of the consumer's:
a. signing of the IDPH Health Warnings b. skin reactions c. tanning minutes d. all of these

49. 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

50. It is permissible to let a consumer use the tanning bed without protective eyewear if a liability release statement is signed.
a. True b. False

51. 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 to state health department
d. a and c

52. 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

53. A consumer may be granted permission to advance on 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

54. Once the consumer is in the tanning unit, the operator must continue to monitor the tanning session.
a. True b. False

55. Contact surfaces must be cleansed
    a. after each use
    b. twice a day
    c. at the beginning of each day
    d. whenever they appear dirty

56. If the eyewear meets FDA standards, it may be used even if the straps have been removed.
    a. True b. False

57. 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

58. If a consumer reports a minor skin reaction,
    a. note time of reaction, type, and treatment on consumer record
    b. have the customer wait one week before tanning again
    c. send reports of all reactions to state health department
    d. remind consumer that they signed a liability release notice

59. 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

60. An exposure schedule for a 24 hour bed states the consumer may tan 1- 3 times the first week. If the consumer tans on Monday, Tuesday, and Thursday, when may she tan again?
    a. Friday b. Saturday c. Sunday d. Monday

I verify that I have read the training manual and answered the above questions without prior knowledge of the scoring key.

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

Name_____ Date_____

INDIVIDUAL FACILITY TRAINING

I verify that I have completed each of the following items 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.

This signed form is to be attached to the operator's test.

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_____

INSTRUCTIONS TO COMPLETE THE TEST.

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.

Answers to employee test

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