

# **GOLDEN RAYZ**

## **TANNING & HAIR SALON**

### **YOUR EYES AND INDOOR TANNING**

#### **Be Smart! Protect your eyes**

Most of us have skin that possesses the ability to tan in a nice, even way. However, not one of us has eyes that can tan. That's why it's absolutely necessary for everybody to wear the eye protection that we provide.

#### **FEDERAL PROTECTIVE EYEWEAR GUIDELINES**

Federal law requires this facility to supply you with proper eye protection. It is your responsibility to wear it

#### **So what constitutes eyewear that is federally approved?**

Eyewear that meets government standards will be labeled 21 CFR on its packaging. .

#### **This means that the eyewear will:**

- Block 99 percent of UVA light emitted by the tanning unit.
- Block 99.9 percent of UVB light emitted by the tanning unit.
- Allows visible light to pass through so the tanner can see

#### **Any alternatives?**

#### **To put it simply, NO!**

There are no alternatives for the correct eyewear. Including your eyelids, which are easily penetrated with UV light.

Sunglasses, cotton balls, coins, towels and the like will not protect this vital organ.

UVA penetrated to the retina, yet the primary areas affected are the lens and the cornea.

UVB penetrates to the lens; the primary area affected are the eyelid and the iris.

#### **WHAT'S THE WORST THAT COULD HAPPEN?**

Even short periods of eye exposure to UV light lead to both temporary and long-term damage. People who have experienced eye damage after one tanning session without using eye protection may complain of inflamed eye tissues, redness, soreness and a feeling that sand has been thrown in the eyes. If mistreatment of the eyes continues and as the

rays continue to penetrate the organ, they can cause one or more of the following serious disorders:

**LEFT UNPROTECTED,** Your eyes may experience one or more of the following:

- Bad night vision
- Loss of color perception
- Macular degeneration (blindness in all but peripheral vision)
- Cataracts
- Pterygium (a tissue buildup caused by frequent aggravation for the outer eye tissues)

### **OTHER THINGS TO CONSIDER...**

Your tanning experience should be comfortable and enjoyable. In addition to wearing our protective eyewear, here are some extra steps you should take to keep your eyes their best:

- **MAKE SURE** the eyewear fits your eyes snugly and that no light leaks through.
- **REST ASSURED** that we fully sanitize the eyewear that we provide to you. However, if you are using our eyewear and see mascara or dirt on it, inform us immediately and we will give you a clean pair. If you're worried about sharing eyewear with others, ask about purchasing you own pair.
- **NEVER** remove the eyewear during the session. Remember that make-up works wonders for clearing up "raccoon eyes." You can also carefully shift the eyewear halfway through the session, being careful that no light touches your eyes.
- **CONSIDER** removing your contacts before indoor tanning. Don't worry- our eyewear will protect them from UV exposure, but the heat may dry them off