

X 'Sunbeds are a way to get vitamin D'

The WHO has classified sunbeds as a group 1 carcinogen – this means they are proven to cause cancer¹.

They are not suitable as a source of vitamin D.

Any vitamin D you might get through using a sunbed is outweighed by the harms of using sunbeds. If you have a low level of vitamin D, you can achieve a sufficient level through your diet or by taking vitamin D supplements.

X 'Sunbeds are good for skin conditions'

Sunbed use is strongly linked to melanoma, the most dangerous type of skin cancer². A much better way to deal with skin conditions such as acne, eczema or psoriasis is to talk to your GP about a referral to a dermatologist who can properly advise you.

¹ International Agency for Research on Cancer. Radiation Volume 100D A review of human carcinogens. Lyon: International Agency for Research on Cancer: 2009

² International Agency for Research on Cancer Working Group. (2006). The association of use of sunbeds with cutaneous malignant melanoma and other skin cancers: a systematic review. Int J Cancer, 120(5), 1116–1122. <https://doi.org/10.1002/ijc.22453>

³ SCHEER (Scientific Committee on Health, Environmental and Emerging Risks). (2016). Opinion on Biological effects of ultraviolet radiation relevant to health with particular reference to sunbeds for cosmetic purposes. https://health.ec.europa.eu/other-pages/health-sc-basic-page/opinion-biological-effects-ultraviolet-radiation-relevant-healthparticular-reference-sunbeds_en#modal



For further information visit:
www.hse.ie/sunsmart

Scan the QR Code below to visit the SunSmart website



National Cancer Control Programme

STOP

There is **NO** safe way to use a sunbed !

Read the facts about sunbeds

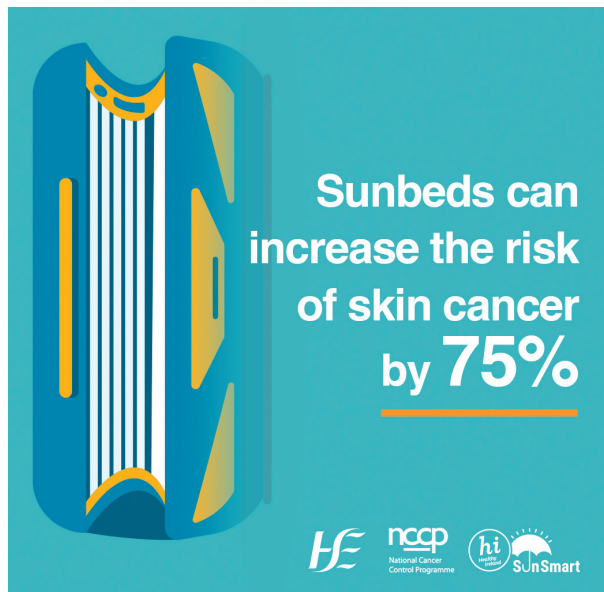


About Sunbeds

The sun produces Ultraviolet (UV) radiation. Sunbeds also produce high levels of UV radiation. These UV rays are like artificial sunshine, only stronger. Using a sunbed to get a tan can cause skin damage, wrinkles, brown spots causing premature ageing and increase your risk of skin cancer¹.

All sunbed users are at risk. Tanned skin is damaged skin and **there is no safe limit of exposure to UV** from sunbeds. It is never ok to use sunbeds.

It is against the law to allow people under the age of 18 to use sunbeds in sunbed premises in Ireland. It is also against the law to sell or hire a sunbed to persons under 18 years of age.



Sunbeds can increase the risk of skin cancer by 75%

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Sunbed Myths

✗ 'Getting a base tan from sunbeds before going on holidays prevents sun damage'

There is no such thing as a healthy suntan. **Overexposure of skin to UV radiation from the sun or sunbeds increases the risk of developing skin cancer, a risk which can be avoided by not using sunbeds.** Sunbed users under the age of 35 have a 75% higher risk of developing melanoma skin cancer². Melanoma is the most dangerous form of skin cancer, as it can spread to other organs in the body and can be fatal.

✗ 'Sunbed tanning is safer than sun tanning'

Getting a tan from a sunbed is not safer than getting a tan from being outdoors, even if done gradually. Neither are safe and can increase your risk of developing skin cancer. **There is no safe limit of exposure to UV radiation from sunbeds**³.



✗ 'A suntan makes me feel healthy and attractive'

There is no such thing as a healthy suntan. **A suntan is a sign that your skin is damaged by UV radiation from the sun or sunbeds.** UV rays cause sunburn, skin ageing, hyperpigmentation, (darkening of the skin), eye damage and skin cancer. Embrace your natural skin tone, and enjoy the sun safely. If you really want to tan, fake tan is an alternative. But remember, you still need to be SunSmart by using clothing, shade and sunscreen with SPF of at least 30+ for adults and 50+ for children that has a high UVA protection.

✗ 'I don't want to get sunburned on holiday'

Sunbeds offer very little protection against further skin damage when in the sun. People who burn and don't usually tan in the sun will also burn on a sunbed.

