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**Statement of Paul Harrington  
Director of Sales, Tommy's Tanning, Inc  
before the  
Public Health Committee  
3/7/2012**

*SB-54*

Senator Gerratana, Representative Ritter and members of the committee:

My name is Paul Harrington. I am the Director of Sales for Tommy's Tanning, Connecticut's largest tanning salon chain. We currently employ nearly 100 people, have 14 locations, and have operated successfully for 27 years. I joined Tommy's Tanning four years ago after working in a national capacity for eight years with California Tan, one of the largest tanning lotion manufacturers in the world.

It has been and will continue to be our goal to protect **EVERYONE**, including minors, from the risks associated with the use of tanning devices.

We respectfully submit that we have always gone beyond the current regulation. We currently require written parental consent for minors with **PARENT PRESENT**. At any time the Parent or Guardian has the right to revoke the privilege for the minor to tan. Secondly, we currently provide written material to all of our clients, including minors and parents and/or guardians of the risks associated with indoor tanning, including the potential risk of developing skin cancer in four ways.

- First, is our client consent form.
- Second, there are uniform FDA approved warning labels on each piece of equipment. These FDA warning labels reflect the uniqueness of each tanning device, and the complicated approval process between manufacturers and the FDA.
- Thirdly, we have the same "Danger" signs required by bed manufactures per the FDA regulations, posted at all of our front counters for clients to review.
- And finally, all of our staff is "Smart Tan Certified", educated about the tanning process in order to minimize risks.

We do not support the bill's ban on minors' using tanning facilities. We take our responsibility very seriously and we work with our clients to make sure they tan responsibly. This decision should be left to families to make, and not the government. Our salons are state-of-the-art, safe and clean. Since UV light is required for human life, minors will be attracted to sunlight regardless of a prohibition which doesn't help educate them. A prohibition will have unintended consequences, and will have the perverse, ironic effect, of people getting exposure to uncontrolled, unregulated UV rays; the trip to the beach, the boat, the pool, the lounge chair in the driveway, or they may utilize a home tanning unit without any supervision to name a few. Please consider these and more unintended consequences.

Furthermore, we are not in favor of this bill because we live and you govern above the 41<sup>st</sup> parallel, where it is "Vitamin D winter" from around November to early March, unlike California. While supplementation may work, if a parent wants to rely on world renowned vitamin D scientists to treat their child's deficiency, in what they regard as the best, most natural and intended manner, they should be able to do so; sunlight or indoor tanning. While we do not sell or intend to sell this medical benefit, the government should not take the benefit of sunlight away.

Thank you for hearing my comments. Tommy's Tanning appreciates the opportunity being a part of this dialogue and we would be happy to discuss the issue further as the legislative process proceeds this session.



## Client Consent Form

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Address \_\_\_\_\_ Apt# \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone ( ) \_\_\_\_\_ - \_\_\_\_\_ Cell (Other) Phone ( ) \_\_\_\_\_ - \_\_\_\_\_

May we occasionally send you promotional text messages to your cell phone? Yes or No

Eye Color - Hazel Green Blue Brown Gender - Male or Female  
(circle one) (circle one)

Skin Type (circle one) 1-Bright White 2-White 3-Fair 4-Light Brown 5-Brown 6-Black  
· Always Burns · Burns Easily · Burns Minimally · Burns Minimally · Rarely Burns · Tans Easily & Profusely  
· Does Not Tan · Or Lightly · Tans Average Above Average · Substantially · Dark Eyes · Dark Hair  
· Blue/green eyes · Blue/hazel or Brown Eyes · Dark Eyes · Dark Hair · Dark Hair  
· Red/blonde hair · Brown eyes · Dark Hair · Dark Hair · Dark Hair  
· Freckles · Red/blonde/brown hair

Warning: Skin Type 1 - Not Allowed to Indoor Tan - No ability to tan outdoors or indoors

### Email Address

Receive our E-specials - Free Tans - Discounts - Information - No Spam

Are you pregnant? Yes or No If yes, do you have Doctors permission to tan? Yes or No  
Please consult Doctor before suntanning.

Are you taking any medications? Yes or No  
Certain medications can make you extra-sensitive to UV light and can be dangerous.

Have you ever suntanned indoors before? Yes or No

Do you suntan easily? Yes or No

Have you been suntanning recently? Yes or No

Do you have a tendency to burn? Yes or No

I understand that when suntanning parts of my body not normally exposed to sun, those areas will be more sensitive to UV light. I will protect accordingly. Yes or No

#### DANGER - ULTRAVIOLET RADIATION

I AGREE TO: Follow Instructions. Avoid overexposure. As with natural sunlight, overexposure can cause eye and skin injury and allergic reactions. Repeated exposure may cause premature aging of the skin and skin cancer. Wear protective eyewear.

#### FAILURE TO WEAR PROTECTIVE EYEWEAR MAY RESULT IN SEVERE BURNS OR LONG-TERM INJURY TO THE EYES

Medications or cosmetics may increase your sensitivity to the ultraviolet radiation. Consult with your physician before using a sunlamp or suntanning equipment if you are using medications or have a history of skin problems or believe yourself to be especially sensitive to sunlight. If you do not tan in the sun, you are unlikely to tan from the use of this suntanning product.

I HAVE READ THIS WARNING AND AM USING TOMMY'S TANNING'S SERVICES AT MY OWN RISK.

Date \_\_\_\_\_ Signature \_\_\_\_\_

Under 18 Years of Age: I have read the above and authorize my son/daughter to use the facilities at Tommy's Tanning.

Date \_\_\_\_\_ Signature Parent or Legal Guardian \_\_\_\_\_

Relationship \_\_\_\_\_ Print Name \_\_\_\_\_

Please wait to initial until you have been instructed on the proper use of the suntanning unit(s) of your choice. Staff Initial \_\_\_\_\_ Client Initial \_\_\_\_\_



## Client Consent Form

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Address \_\_\_\_\_ Apt# \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone ( ) \_\_\_\_\_ - \_\_\_\_\_ Cell (Other) Phone ( ) \_\_\_\_\_ - \_\_\_\_\_

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· Blue/green eyes · Blue/hazel or Brown Eyes · Dark Eyes · Dark Hair · Dark Hair  
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#### FAILURE TO WEAR PROTECTIVE EYEWEAR MAY RESULT IN SEVERE BURNS OR LONG-TERM INJURY TO THE EYES

Medications or cosmetics may increase your sensitivity to the ultraviolet radiation. Consult with your physician before using a sunlamp or suntanning equipment if you are using medications or have a history of skin problems or believe yourself to be especially sensitive to sunlight. If you do not tan in the sun, you are unlikely to tan from the use of this suntanning product.

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Date \_\_\_\_\_ Signature Parent or Legal Guardian \_\_\_\_\_

Relationship \_\_\_\_\_ Print Name \_\_\_\_\_

Please wait to initial until you have been instructed on the proper use of the suntanning unit(s) of your choice. Staff Initial \_\_\_\_\_ Client Initial \_\_\_\_\_



## **DANGER - ULTRAVIOLET RADIATION**

Follow Instructions.

Avoid overexposure. As with natural sunlight, overexposure can cause eye and skin injury and allergic reactions. Repeated exposure may cause premature aging of the skin and skin cancer.

**WEAR PROTECTIVE EYEWEAR.  
FAILURE TO USE PROTECTIVE  
EYEWEAR MAY RESULT IN  
SEVERE BURNS OR LONG-TERM  
INJURY TO THE EYES.**

Medications or cosmetics may increase your sensitivity to the ultraviolet radiation. Consult a physician before using sunlamp if you are using medications or have a history of skin problems or believe yourself especially sensitive to sunlight.

If you do not tan in the sun, you are unlikely to tan from the use of this product.

INTERNATIONAL  
**SMART  
TAN**  
NETWORK

### **Time of day**

For vitamin D production, sun exposure should be midday between the hours of approximately 10am-2pm. These hours will vary slightly according to latitude. The closer to solar noon, the more vitamin D produced.<sup>3</sup>

### **Season: Vitamin D Winter and latitude**

What latitude you reside at will affect the length of your Vitamin D Winter. Vitamin D Winter is when no vitamin D production is possible due to the atmosphere blocking all UVB. This lasts for several months, with the duration of time increasing as you move further from the equator.<sup>4</sup>

Estimated Vitamin D Winter months according to latitude:

- Latitudes from zero degrees to around 35 degrees north or south allow year-round vitamin D production, though the amount produced will decrease as latitude increases.<sup>3 5</sup>
- Latitudes above 40 degrees north will experience Vitamin D Winter from around November through early March.
- Latitudes below 40 degrees south, around June through August.
- Latitudes above 50 degrees north, October through early April.<sup>3</sup>
- Latitudes below 50 degrees south, mid-April through July.<sup>4</sup>

<http://www.vitamindcouncil.org/about-vitamin-d/how-to-get-your-vitamin-d/uvb-exposure-sunlight-and-indoor-tanning/>

The latitude and longitude of *Enfield, CT, USA* is:

**41° 58' N / 72° 32' W**



The latitude and longitude of *Greenwich, CT, USA* is:

**41° 2' N / 73° 36' W**



## Indoor tanning



Studies show a positive association between tanning bed use and higher blood levels of vitamin D.

Indoor tanning beds provide a viable alternative to natural sunlight, provided they are used sensibly. Studies show a positive association between tanning bed use and higher serum levels of vitamin D.<sup>9</sup> One case study successfully used a tanning bed as the method of treatment for vitamin D deficiency due to Crohn's disease.<sup>10</sup>

As with natural sunlight, vitamin D production from a tanning bed happens within minutes. Actual tanning of the skin and overexposure are not necessary.

Page last edited: 21 September 2011

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## UVB exposure: sunlight and indoor tanning



"For hundreds of thousands of years, man has lived with the sun: Our ancestors were outdoors far more often than indoors. We developed a dependence on sunshine for health and life, so the idea that sunlight is dangerous does not make sense. How could we have evolved and survived as a species, if we were that vulnerable to something humans have been constantly exposed to for their entire existence?"

~ Dr. Frank Lipman, internationally recognized expert in the fields of Integrative and Functional Medicine and practicing physician.

### Sunlight

The human body was designed to receive vitamin D by producing it in response to sunlight exposure – specifically, the UVB band of the Sun's ultraviolet spectrum. Since this is the way Nature intended, it should be considered the method of choice.

Studies show large quantities of vitamin D<sub>3</sub>, also known as cholecalciferol, are synthesized in the skin in response to full-body summer sun exposure - about 10,000 international units (IU).<sup>1</sup>

Because this happens within minutes, overexposure is not necessary. In fact, one will have made all the vitamin D they are going to make for the day in about one-half the time it takes for their skin to turn pink.

<http://www.vitamindcouncil.org/about-vitamin-d/how-to-get-your-vitamin-d/uvb-exposure-sunlight-and-indoor-tanning/>