

Protecting Your Eyes



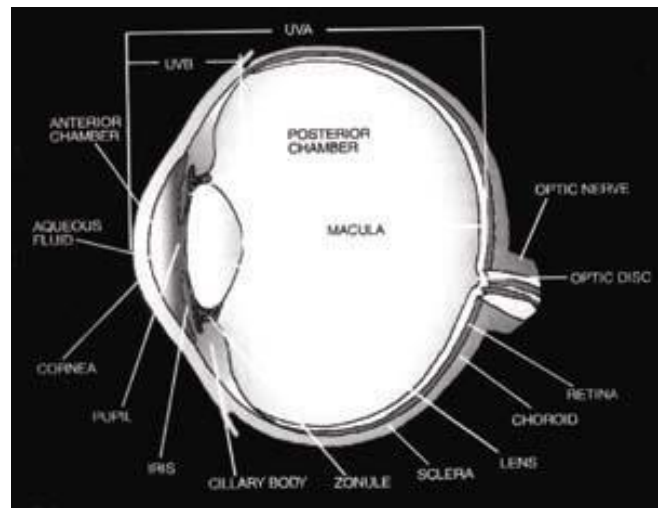
Taking Care of your Eyes

The retina is the area at the back of the eye upon which the cornea, or lens, focuses light and images to allow sight. The retina is made up of rods and cones, which are light sensitive structures. Cones differentiate color; rods detect light and dark.

Tanning beds typically emit varying levels of Ultraviolet A (UVA) and Ultraviolet B (UVB) during the tanning process. Excessive exposure to UVB can damage the cornea, while excessive UVA can damage the retina.. Another potential risk of unprotected eyes during tanning involves burnescent cataracts, which cannot be removed by cataract surgery. Burnescent cataracts reduce the passage of all light entering the eye. Reduced night vision may be the first sign of this type of eye damage.

What Eyewear is Compliant?

What is the best way to determine if a particular pair of eyewear transmits less ultraviolet than the government limits allow? First, look for packaging claims that certify that the product is in compliance with 21 CFR 1040.20. If the package does not state the products compliance, contact the manufacturer for the data proving the compliance. If you can't tell who the manufacturer is or if the manufacturer fails to satisfy your request for test information, dispose of the questionable eyewear and replace it with a product that is compliant.



It's the Law

In the United States, the law requires that indoor tanning eyewear transmit less than 0.1 percent of UVB, and less than 1 percent of UVA as proved in carefully controlled tests.

Eyesight is Priceless

Because of the negative effects of ultraviolet on the eyes, the governments of the United States, Canada, and England now require by law that all users of indoor tanning salons use specific protective eyewear while tanning. Specifically, in the United States, provisions of the Federal Regulation 21 CFR 1040.20, which is enforced by the Food and Drug Administration, mandate that all indoor tanners must wear protective eyewear.



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