

Indoor Tanning Restrictions for Minors | A State-By-State Comparison

5/20/2019



While exposure to ultraviolet (UV) light is fairly consistent across age groups, research indicates that high risk exposure happens more commonly in teens and that blistering sunburns and overexposure during childhood greatly increase the chances of developing skin cancer later in life. Because sun (and UV) exposure in childhood and the teenage years can be so damaging, policymakers in some states and territories are regulating minors' use of tanning devices (like tanning beds). **California, Delaware, District of Columbia, Hawaii, Illinois, Kansas, Louisiana, Massachusetts, Minnesota, Nevada, New Hampshire, New York, North Carolina, Oregon, Rhode Island, Texas, Vermont and Washington ban the use of tanning beds for all minors under 18.** At least 42 states and the District of Columbia regulate the use of tanning facilities by minors (see state statute table below for current laws). Some counties and cities also regulate the use of tanning devices, including Howard County, Maryland, which was the [first local jurisdiction to ban indoor tanning](#) for all minors under age 18, as well as Chicago and others.

Recent recommendations from the International Agency for Research on Cancer, a subsidiary of the World Health Organization, state, "Policymakers should consider enacting measures, such as prohibiting minors and discouraging young adults from using indoor tanning facilities, to protect the general population from possible additional risk for melanoma." [Click here](#) to view the report and recommendations from the International Agency for Research on Cancer.

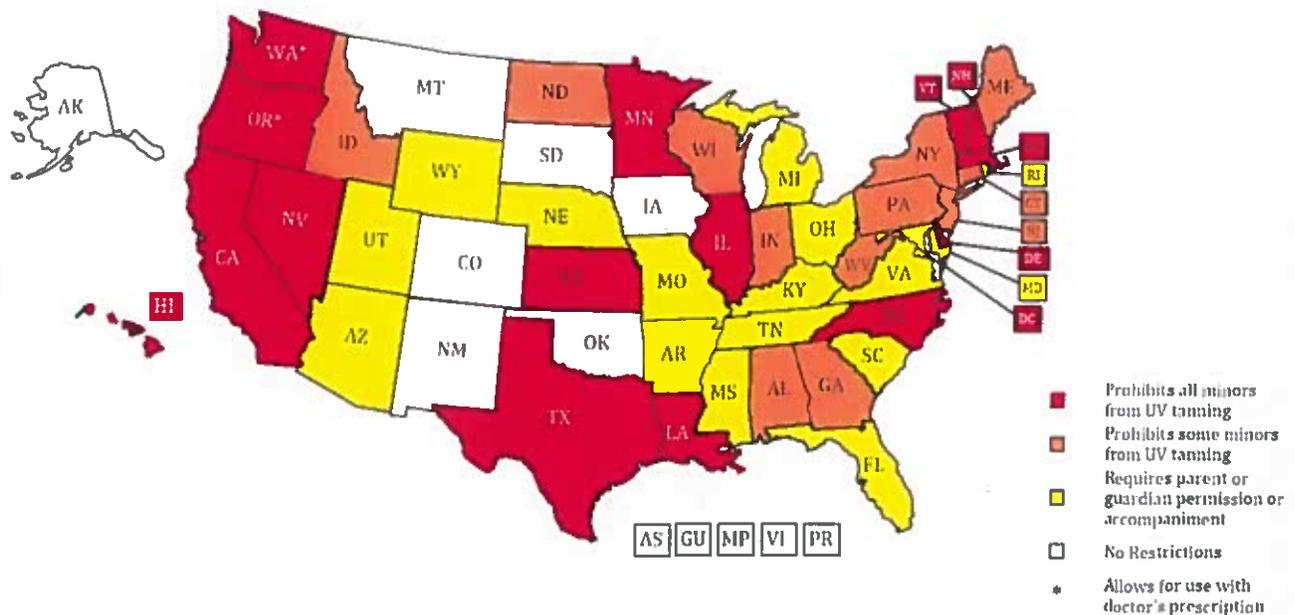
There are two categories of skin cancer, Melanoma and nonmelanoma. Melanoma is treatable if caught early, but because it is likely to spread to other parts of the body, it is very dangerous and potentially fatal. In 2013, the American Cancer Society (ACS) estimates 76,690 new cases of melanoma in the United States and 9,480 deaths from the disease during the year. Risk factors for Melanoma include UV exposure and sunburn, blistering sunburns during childhood or teenage years, fair skin, freckles, moles and a family history of melanoma. ACS recommends avoiding sunlight

between 10 am and 4 pm (daylight time) when the sun's rays are strongest, avoiding indoor tanning devices and sun lamps, using and re-applying sunscreen when exposed to UV rays, covering skin with clothing, and wearing hats and sunglasses.¹

Sun exposure causes most nonmelanoma skin cancers, including basal and squamous cell carcinomas. The Skin Cancer Foundation estimates that over 3.5 million people are diagnosed with a nonmelanoma cancer annually.² Nonmelanoma skin cancer rarely spreads to other parts of the body and, if detected early, is treatable and has excellent survival rates. The National Cancer Institute reports that non-melanoma skin cancer is the most common type of cancer for all people. Just under half of Americans who live to age 65 will have this cancer at least once.³

Legislators, legislative staff and media looking for more information may contact Karmen Hanson at health-info@ncsl.org.

Tanning Restrictions for Minors



***MAP CURRENT AS OF January 1, 2017. PLEASE CHECK THE TABLE BELOW FOR THE MOST CURRENT INFORMATION**

Indoor Tanning

People of all ages use tanning beds, booths and sunlamps year-round. Young, non-Hispanic white women are the most common users. Frequent exposure to ultraviolet (UV) rays for individuals under the age of 35 increases the risk of developing melanoma—the most aggressive and deadliest form of skin cancer—by 75 percent, according to the Centers for Disease Control and Prevention.

The American Cancer Society estimates 76,000 new cases and nearly 9,200 deaths from melanoma in 2012. Risks to developing the deadly skin cancer include:

- Age—burns or blisters from UV rays in childhood and adolescence;

State	Statute or Measure	Ban	Parental Accompaniment	Permission or Consent Required	Other
Alabama	Ala. Code § 22-17B-2 (1975)	Under 15	Age 15	Age 15-17, in person.	Effective 6 months after signing (Sept. 1, 2014)
Arizona	Ariz. Admin. Code R12-1-1414 A2	N/A	N/A	Under 18, in person.	Operator must limit exposure time to manufacturer's recommendation; provide eye protection.
Arkansas	Ark. Stat. Ann. § 20-27-2202	N/A	N/A	Under 18, in person.	N/A
California	Cal. Bus. and Prof. Code § 22706 of, and adds Section 2241.3 (As of Jan. 1, 2012)	Under 18	N/A	N/A	As of Jan. 1, 2012, CA was the first state in the nation to ban use of UV indoor tanning device for ALL minors under 18.
Connecticut	Conn. Gen. Stat. § 19a-232	Under 17	N/A	N/A	N/A
Delaware	Del. Code Ann. tit. 16 § 30D SB 94 (2014)	Under 18 ban for all minors, effective 1/1/15	N/A	N/A	UV tanning prohibited for all minors after 1/1/15
District of Columbia	DC Act 20-549 (2014)* L20-0227	Under 18	N/A	N/A	Effective 3/1/15
Florida	Fla. Stat. Ann. § 381.89 (1998)	N/A	Under 14	Between 14 and 18; agrees to wear eye protection.	Operator must limit time to manufacturer's maximum exposure recommendation; provide eye protection.
Georgia	Ga. Code Ann. § 31-38-8 (1996)	Under 14	N/A	Between and including 14 to 17, in person.	Operator must provide eye protection.
Hawaii	H.R.S. § 321-12.2	Under 18	N/A	N/A	

Idaho	Idaho Code Ann. § 18-1523	Under 14	N/A	Between and including 14-17, in person, or with a doctor's prescription.	
Illinois	Ill. Admin. Code (HB 188 from 2013) Title 77; Sec. 795.190 (c)	Under 18	N/A	N/A	
Indiana	Ind. Code Ann. § 25-8-15.4-15 and 16	Under 16	Ages 16-17, in person.	N/A	Operator must limit time to administrative or manufacturer's maximum exposure recommendation; provide eye protection.
Kansas	K.S.A. 1931 (2016)	Under 18	N/A	N/A	N/A
Kentucky	Ky. Rev. Stat. § 217.922	N/A	Under 14	Ages 14 through 17; agrees to wear eye protection; valid for 12 months.	N/A
Louisiana	La. Rev. Stat. Ann. § 40:2701 to 40:2718 HB 746 (2014)- Bans use by minors under 18	Under 18	N/A	N/A	Operator must limit time to administrative or manufacturer's maximum exposure recommendation; provide eye protection . All requirements here .
Maine	10-144 Dept. of Human Services ch. 223 12A (3)(f)	Under 14	14 and 15	14 and older, in person; valid for 12 months.	Operator must limit time to administrative or manufacturer's maximum exposure recommendation;

					provide and require eye protection. See full description here.
Maryland	Md. Health Code Ann. §20-106	N/A	N/A	N/A	N/A
Massachusetts	Mass. Gen. Laws Ann. ch. 111 Public Health § 211 <i>*Effective May 2016</i>	Under 18	N/A	N/A	Operator must limit time to administrative maximum exposure recommendation; provide and require eye protection.
Michigan	Mich. Comp. Laws Ann. § 333.13405	N/A	N/A	Under 18, in person, valid 1 year.	Operator must require eye protection.
Minnesota	Minn. Stat. Ann. § 325H.0858 (Article 6, Sec. 24-25)	Under 18 <i>*Effective 7/1/14</i>	N/A	N/A	Operator must limit time to manufacturer's maximum exposure recommendation; provide and require eye protection.
Mississippi	Miss. Code Ann. § 41-115-1	N/A	Under 14	Between 14 and 17, in person.	Operator must limit time to manufacturer's maximum exposure recommendation; provide and require eye protection.
Missouri	RSMo § 577.665.1	N/A	N/A	Under 17, signed once per year in person	
Nebraska	Neb. Rev. Stat. § 71-3905	N/A	Under 16	Under 16	Signed 3/24/14
Nevada	Nev. Rev. Stat. § 597.7617	Under 18	N/A	N/A	
New Hampshire	HB 136 (2015) <i>Effective 8/1/15</i>	Under 18	N/A	N/A	N/A

	N.H. Rev. Stat. Ann. § tit. XXX 313-A:31				
New Jersey	N.J. Rev. Stat. § C. 26:2D-82.1 A2142/S1172 (2013) Gov's statement	Under 17 for UV bed tanning Under 14 for spray tanning	First time for minors age 17.	Must be signed on first visit for minors age 17.	Operator must limit time to administrative maximum exposure recommendation; require eye protection.
New York	NEW - NY SB 5585 (8/16/2018) Previous laws below. N.Y. Public Health Law § 3555 N.Y. Public Health Law (As of Aug. 16, 2012) AB 1074 (same as) S 2917	Under 18 Under 17	N/A	Age 17 until 18th birthday, in person.	Effective 8/16/18 Operator must require eye protection.
North Carolina	HB 158 (2015) N.C. Gen. Stat. § 104E-9.1 15A NCAC 11.1418	Under 18	N/A	N/A	Operator must limit time to manufacturer's maximum exposure recommendation; provide eye protection.
North Dakota	N.C. Cent. Code § 23-39	Under 14; unless medically necessary	Under 14	Under 18, in person; valid for 12 months.	Operator must limit time to manufacturer's maximum exposure recommendation; provide and require eye protection.
Ohio	Ohio Admin. Code 4713-19-05	N/A	Under 16, must be accompanied by a parent/guardian each time.	Ages 16-17; signed in person for 90-days, but not for more than 45 visits.	Operator must limit time to manufacturer's maximum exposure recommendation; provide eye protection.

Oklahoma	SB 795 (2017) *Effective 11/1/2017	Under 18	N/A	N/A	
Oregon	OAR 333-119-0090 (2) HB 2896 (2013)	Under 18	N/A	Under 18 only permitted with a doctor's prescription.	Operator must limit time to manufacturer's maximum exposure recommendation; provide and require eye protection.
Pennsylvania	Act No. 41 (2014)	Under 17	N/A	Age 17, in writing.	Operator must post warning signs and meet inspection regulations.
Rhode Island	S 2299 Sub B (2018)	Under 18	N/A	N/A	Operator must limit time to manufacturer's maximum exposure recommendation; provide and require eye protection.
South Carolina	S.C. Code Ann. § ch. 61, sec. 106.3.7.1 and 106.3.5 – 106.3.5.2	N/A	N/A	Under 18, in person.	Operator must provide and require eye protection.
Tennessee	Tenn. Code Ann. § 68-117-104 SB 1495 (2018) Eff. 4/3/18	N/A Under 16	Under 14 Age 17	Under 18, in person. For age 17	Operator must limit time to manufacturer's maximum exposure recommendation; provide and require eye protection. SB 1495: Parents or guardians must attend first visit with minor and sign consent form.
Texas	Tex. Health and Safety Code Ann. § 145.008	Under 18	N/A	N/A	Operator must limit time to manufacturer's maximum exposure recommendation;

					provide and require eye protection.
Utah	Utah Code § 26-15-13	N/A	Under 18	Under 18, in person; with signed permission slip or order from physician.	Operator must provide and require eye protection.
Vermont	Title 18 V.S.A. § 1513	Under 18	N/A	N/A	Bans use of UV tanning beds by minors under 18. VT was the second state to pass such legislation.
Virginia	Va. Code § 59.1-310.3	N/A	N/A	Under 15 and not emancipated; valid for 6 months.	N/A
Washington	RCW Chapter 18.370	Under 18	N/A	Under 18 only permitted with a doctor's prescription.	
West Virginia	W. Va. Code. § 16-45-3	Under 18	N/A		
Wisconsin	Wis. Code Ann. § 463.25	Under 16	N/A	N/A	Operator must limit time to manufacturer's maximum exposure recommendation; provide and require eye protection.
Wyoming	Wyo. Stat. Ann. § 14-3-108	N/A	Under 15, all visits.	Between 15 and 18, in person; valid for 12 months.	N/A

- Fair skin—with freckles and moles; and
- Genetics—a family history of the disease.

The American Academy of Dermatology Association, Environmental Protection Agency, Food and Drug Administration, Indoor Tanning Association, National Cancer Institute, and the National Council on Skin Cancer Prevention, have each made recommendations regarding the use of tanning devices—from requiring parental consent for minors to banning all use by children under age 18.

Options for Policymakers

At least 44 states and D.C. regulate indoor tanning for minors. **Nineteen states and one territory (California, Delaware, District of Columbia, Hawaii, Illinois, Kansas, Louisiana, Massachusetts, Minnesota, Nevada, New Hampshire, New York, North Carolina, Oklahoma, Oregon, Rhode Island, Texas, Vermont, Washington, and West Virginia) ban the use of ultraviolet tanning devices by anyone under age 18.** Other state laws combine various restrictions.

For example, North Dakota bans the use of indoor tanning by anyone under age 14 unless medically necessary—subsequently requiring parental accompaniment and parental consent for those between 14 and 18 years of age. At least 23 states require operators to limit exposure time to manufacturers' recommendations and provide eye protection. Along with requiring parental permission for minors, Arizona also requires public schools to provide education about risks to developing skin cancer.

Sources: American Cancer Society, Melanoma Skin Cancer Overview (Atlanta, Ga.: ACS, 2012). Centers for Disease Control and Prevention, Skin Cancer: Indoor Tanning (Atlanta, Ga.: CDC, 2012). National Cancer Institute, State Cancer Legislative Database: Update, winter 2012 (Bethesda, Md.: NCI, 2012). National Conference of State Legislatures, Tanning Restrictions for Minors: A State by State Comparison (Denver, Colo.: NCSL, 2012). This postcard was supported by Cooperative Agreement Number 5U58DP001320-04 from the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention.

Source: Aim at Melanoma, Centers for Disease Control and Prevention and NCSL- Powered by StateNet, 2018.

Dangers of Indoor Tanning

Several studies have shown that the use of tanning devices is associated with an increased risk of developing melanoma and nonmelanoma skin cancer, including squamous cell carcinoma and basal cell carcinoma. The use of tanning devices is also associated with malignant melanoma of the eye, premature skin aging, and the development of cataracts.

[Learn more about tanning and burning](#)

How Artificial Tanning Devices Work

In the same way that the sun emits ultraviolet (UV) radiation, artificial tanning devices such as tanning beds and sunlamps also emit UV radiation.

One misconception promoted by the indoor tanning industry is that tanning devices give off only the “safe, tanning rays,” of UV radiation. However, there is no such thing as safe UV radiation. Remember, your skin produces a tan when it has been damaged by ultraviolet light. The skin does not care what the source is, or whether someone labels it as “safe.” If your skin has tanned, it is because damage has already occurred, and the skin is doing its best to prevent it from happening again.

In fact, exposure to highly concentrated UV rays of tanning devices may be even more dangerous than exposure to the sun. Tanning devices may emit UV radiation up to 15 times the strength of the midday summer sun. ² The only difference is that the specific type and quantity of UV radiation produced from an artificial tanning device can be controlled.

Who Tans and How Often?

Approximately 7.8 million adult women and 1.9 million adult men in the United States tan indoors. ³

Thirty-five percent of American adults, 59 percent of college students, and 17 percent of teens have reported using a tanning device in their lifetime. ⁴

Nearly 70 percent of tanning salon customers are Caucasian girls and women, primarily between the ages of 15 to 29. ^{5,6}

Teens are not just using indoor tanning devices for proms and homecoming; a 2015 national survey of high school students concluded that 7.3% used indoor tanning devices at least once in the past year. The **prevalence** of indoor tanning device use was higher among females at 10.6% than male students which was 4.0%. ⁷

Research indicates that more than half of indoor tanners (52.5 percent) start tanning before the of age 21. Forty-four point five percent of those who started tanning before age 16 reported they did so with a family member. Forty-nine point two percent of those who started tanning with a family member did so with their mother. ⁸

Reactions split after Corbett signs tanning ban into law

By Jenny Wagner jwagner@timesonline.com | Posted: Wednesday, May 7, 2014 4:00 am

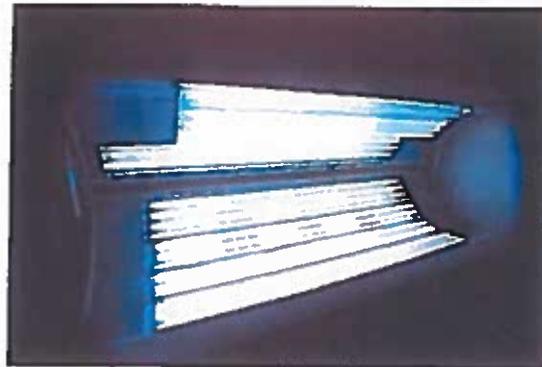
HARRISBURG — Gov. Tom Corbett signed a new law Tuesday that bans the use of indoor tanning facilities by anyone younger than 17.

It also creates new requirements for salons and customers.

Pennsylvania physicians — including those from the Pennsylvania Medical Society (PAMED), the Pennsylvania Academy of Dermatology and Dermatologic Surgery, and the Pennsylvania Chapter of the American Academy of Pediatrics — are calling the law a “step forward” in safeguarding health, but some local tanning business operators don’t see it that way.

The tanning law — formerly House Bill 1259 sponsored by state Rep. Frank Farry, R-142, Middletown — also requires 17-year-olds to obtain parental consent, and all customers to sign warning statements before tanning. In addition, tanning facilities now will have to post warning signs and retain records for three years, as well as require employees to have training in use of the tanning devices and recognition of customer skin types.

“Indoor tanning has long been questioned due to its association with skin cancer,” PAMED President Dr. Bruce MacLeod of Pittsburgh said in a news release. “The medical community has been concerned about this public health issue and urged protections for patients, particularly minors, who are unaware of the risks.”



Tanning bed legislation

Gov. Tom Corbett is expected to sign a law banning 16-year-olds and under from using tanning beds. Seventeen-year-olds would require parental permission. This is a tanning bed from Tan Depot on State Street in Baden.

Beaver dermatologist Dr. Robert Stiegel said the physician and cancer organizations have been working to pass legislation on indoor tanning for many years and join dozens of other states that have already done so.

"Finally we're getting something with meat in it for the state of Pennsylvania that protects young people," Stiegel said. "It's been a long time coming."

Stiegel said he's seen the effects of the "tanning revolution." When he first began practicing 35 years ago, approximately one in 180 people was likely to be diagnosed with melanoma in his or her lifetime, but now that rate is closing in on one in 50 people, he said.

"The tans are temporary," Stiegel said, noting that exposure to ultraviolet light radiation also puts people at risk for other types of skin cancer and skin aging. "It is something in our society that people like to be tan because they think they're healthy, but they might be unhealthy being tan. So, pale is the new tan."

According to the Centers for Disease Control and Prevention and the Skin Cancer Foundation, melanoma is the third-most-common cancer in people ages 15 to 39, and is responsible for the vast majority of skin cancer deaths.

In 2011, an Australian study published in the International Journal of Cancer found that sunbed use is associated with an increased risk of early-onset melanoma, and that risk increases with greater use, as well as an earlier age at first use and for earlier onset disease.

But the tanning industry and local businesses argue those risks and say teens will just seek other routes to get the bronzed look they desire.

Nikki Hinzman, manager of Tanning Express in Beaver Falls, said she has researched the law and it will leave open the possibility that teens will go elsewhere to tan — in potentially dangerous situations.

"This lends itself to like Prohibition, and when they tried to restrict abortions ... now these teens are forced to look for someone who has a tanning bed in their homes," she said, noting that the tanning industry has regulated itself over the years.

Bob Thomas, owner of The Tanning Depot in Baden, said the new law likely won't affect his business, but the ban is unnecessary.

"They want to just get into these kids' heads that it's harmful for you, but it's no more harmful than being out in the sun or in the swimming pool for eight hours. At

least this is regulated," Thomas said. "When they can prove to me that tanning beds definitely cause cancer, I'll close up, because they can't do it."

Hinzman started a petition against the law, and spoke with numerous local legislators prior to Tuesday's signing, urging them to look deeper at the issue and research.

"I've said to the legislators, you're letting these kids drive cars — they're getting behind the wheel of a car at 16 — they have the potential to take someone's life, but they can't tan?" Hinzman said.

Hinzman said she's not trying to change opinions about tanning, but she and Thomas both question whether the government has the right to take the decision away from parents.

The law will take effect after 60 days, but for underage teens who still want to follow the tanning trend, there are other methods, such as spray tanning and self-tanning lotions, Stiegel said.

"It doesn't offer any SPF (sun protection factor), but having color put on your skin is perfectly safe," he said.

Pennsylvania may soon ban teens from indoor tanning beds

By Natasha Lindstrom Staff Writer | Posted: Wednesday, April 9, 2014 7:30 pm

HARRISBURG — Teens under 17 may soon be barred from using indoor tanning beds at Pennsylvania salons.

On a 40-9 vote, the state Senate on Wednesday passed a bill that would prohibit minors ages 16 or younger from using tanning equipment that emits ultraviolet light, and require 17-year-olds to obtain parental consent.

House Bill 1259, by Bucks County Rep. Frank Farry, R-142, would also mandate that tanning facilities post specific types of warning signs, have customers sign statements prior to tanning and require employees to be trained in using the devices and recognizing customer skin types.

"I think people using the tanning beds quite often don't know the dangers of tanning," Farry said Wednesday shortly after the Senate's vote. "We don't allow juveniles to smoke; obviously there are laws prohibiting that. There are warning labels on cigarettes. If you're over 18 and you want to smoke, obviously that's a decision you can make as an adult. The same thing applies here."

If Gov. Tom Corbett signs the bill into law, Pennsylvania will join some three dozen states that regulate the indoor tanning industry in various forms.

"Pennsylvania is the only state east of the Mississippi River that has no law that regulates the teenage use of indoor tanning," said Dr. Bruce Brod, legislative coordinator for the Pennsylvania Academy of Dermatology and a delegate to the Pennsylvania Medical Society. "We're an outlier right now."

The Pennsylvania Medical Society, the state's biggest physician advocacy group, points out that fifteen minutes in an indoor tanning booth can cause as much skin damage as four hours of sunbathing outside, with both types of UV exposure linked to higher rates of melanoma, a potentially deadly form of cancer.

Over the past 15 years, legislative proposals similar to Farry's have been floated but never gained traction in Pennsylvania's General Assembly.

Some local tanning salon owners — who stand to lose a big chunk of their customer base — argue that state lawmakers are overstepping their bounds. They point out many facilities already require customers to sign release forms, and warning signs are often already posted on the beds themselves.

Opponents dismiss the idea of a ban as “nanny state” lawmaking. The Indoor Tanning Association argues that decisions about sun tanning should be left to parents, not the government.

Farry’s bill would subject tanning facilities to inspections and require that they maintain records for three years.

The new requirements “won’t be onerous” for salons already informing customers about potential dangers, Farry said. He noted his goal is to ensure that adults, too, know the risks.

“We’ve seen a great increase in melanoma, primarily women in their 20s and 30s, that have had significant exposure to tanning beds,” Farry said. “Hopefully we can cut down on our cases of cancer.”

The legislation’s restrictions would not apply to tanning beds in private residences or UV-free alternatives like spray tans.

The Senate made some minor legal changes to HB 1259 before advancing it on Wednesday, so now the bill must go back to the House for a procedural vote before final passage.

Farry said he’s hopeful the House will send the bill to the governor’s desk shortly after lawmakers return back from a two-and-a-half week break. The House is set to reconvene at 1 p.m. on April 28.