

**Section 1: Applicant Information**

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_  
Home Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP Code \_\_\_\_\_  
Phone Number \_\_\_\_\_ Email \_\_\_\_\_

**Section 2: Tanning Establishment Information**

Business Name \_\_\_\_\_ Business Phone Number \_\_\_\_\_ Business Email \_\_\_\_\_  
Business Address \_\_\_\_\_ City \_\_\_\_\_ ZIP Code \_\_\_\_\_

**Section 3: Tanning Operator Test**

*Please take your time and select the best answer for each question below.*

1. Humans evolved to live outdoors. After 5 to 15 minutes outside, your body has experienced:
  - a. Too much UVC exposure.
  - b. A lot of sun. You need to apply sunscreen before going back indoors.
  - c. Enough sun exposure for one day.
  - d. Too little sun exposure.
2. Which of the following is **not** a wavelength of ultraviolet light?
  - a. UVA
  - b. UVB
  - c. UVC
  - d. UVD
3. Ultraviolet light (UL) with a wavelength of 355 nm falls into which category?
  - a. UVA
  - b. UVB
  - c. UVC
  - d. None of the above
4. UVA is usually associated with sunburn.
  - a. True
  - b. False

5. UVA rays can cause premature aging, fine wrinkling, age spots, and irregular pigmentation.
  - a. True
  - b. False
6. Which group, founded in 1938, is the largest and most influential association of dermatologists? This group recommends banning the production and sale of indoor tanning equipment for non-medical purposes.
  - a. American Academic Dermoplasty Association
  - b. American Academy of Dermatology
  - c. Association of Professional Skin Doctors
  - d. Association of American Dermatologists
7. UV light causes DNA damage in our skin.
  - a. True
  - b. False
8. Skin color is determined by the amount of \_\_\_\_\_ that our skin produces.
  - a. Melanocytes
  - b. Melanin
  - c. Moles
  - d. Keratinocytes
9. Tanning of the skin is a natural response to UV light. It is the body's way of protecting deeper skin layers from more damage. However, tanning beds are not safe, as they emit artificial UV radiation that can still harm the skin. Tanning is both a protective response and a warning sign of potential danger.
  - a. True
  - b. False
10. SPF stands for:
  - a. Sun Performance Factor
  - b. Sun Protection Factor
  - c. Special Perfume of France
  - d. Supporting Patent Factor
11. A "base" tan only provides an SPF of about 2 to 4. The smarter way to protect your skin outside is to cover exposed skin with clothing, apply a sunscreen of SPF 30 or more and re-apply regularly. Where might someone get the idea that a base tan can protect them from sun damage?
  - a. Heard it from a family member
  - b. It's common knowledge
  - c. My best friend told me
  - d. All of the above are possible

12. The epidermis is the thickest layer of the skin.
  - a. True
  - b. False
13. Tanning more frequently than every 48 hours can increase the risk of burning.
  - a. True
  - b. False
14. When skin typing a new customer, the tanning operator must use an area of the customer's skin that has not been exposed to the sun for an accurate assessment of the customer's natural skin type and make appropriate recommendations for skincare or treatments.
  - a. True
  - b. False
15. It is not important to determine skin type if a new patron has been to a tanning establishment before.
  - a. True
  - b. False
16. Skin type 1 is typically fair or pale in complexion and burns easily. This type of skin has less melanin, providing less protection against UV radiation. On the other hand, skin type 3 is usually darker and tans more easily. This indicates that skin type 1 is more susceptible to the harmful effects of UV light, such as sunburn and an increased risk of skin cancer, compared to skin type 3.
  - a. True
  - b. False
17. A suntan is a good indication of good skin health.
  - a. True
  - b. False
18. When explaining why eye protection is an important requirement, a tanning operator can say?
  - a. Failing to wear eye protection is a health regulation violation
  - b. The operating manual for a tanning bed requires eye protection
  - c. Compared to the rest of the body, eye lids have a very thin layer of skin
  - d. All of the above
19. Draping a towel over the eyes while tanning is not an acceptable method of protecting the eye's cornea and retina from UV light. This is because towels are not designed to block UV rays effectively, and they may still allow some UV light to penetrate through and reach the eyes. To protect the eyes from UV light, it is recommended to wear proper UV-blocking sunglasses or goggles specifically designed for this purpose.
  - a. True
  - b. False

20. It's important for new customers to review, sign, and date their patron form. The patron form must contain information about the negative health effects of UV light.
- True
  - False
21. The Tanning operator does not need to show first-time customers the manufacturer's label since all tanning machines are the same.
- True
  - False
22. The tanning operator must ensure that all items and equipment (acrylic panels, base plate, control pad, etc.) are disinfected after each customer. To ensure proper disinfection, the instructions specified by the chemical manufacturer must be followed.
- True
  - False
23. Tanning timers must be tested \_\_\_\_\_ times a year to ensure accuracy?
- 0
  - 2
  - 4
  - 6
24. All 100 watt tanning lamps and bulbs are the same.
- True
  - False
25. A skin self-check is a good way to check for skin problems before it's too late. When performing a skin self-evaluation, you should:
- Check hard-to-see areas like your scalp, back, and buttocks
  - Look for anything unusual
  - Look for anything that has changed
  - All of the above
26. Basal cell carcinoma is a type of skin cancer that is the least common, but most deadly form that spreads internally.
- True
  - False
27. Which of the following is NOT an indication of melanoma?
- Asymmetry
  - Border
  - Color
  - Density

28. The person-in-charge at a tanning salon has overall responsibility at the time of a health inspection. They must be able to demonstrate knowledge of all operations and be able to verify compliance with regulations. The following conditions could pose a health risk:
- Misuse of bed timing devices
  - Lack of certified tanning operators
  - Lack of facility cleanliness or sanitation
  - Any of the above
29. Every tanning establishment must have the following records readily available except:
- Staff records of favorite music
  - Lamp replacement
  - Tanning operator certificate
  - Patron forms
30. It is illegal to advertise or promote tanning equipment using words or phrases such as "safe," "no harmful rays," or "free from risk."
- True
  - False

**Section 4: Attestation**

*Review and initial each item below.*

\_\_\_\_\_ I have watched *The Truth About Tanning Beds* video from U of U Health.

\_\_\_\_\_ I have answered all test questions myself without assistance from other people.

\_\_\_\_\_ I certify that all information I have provided in this application is true and complete.

\_\_\_\_\_  
Applicant Signature

\_\_\_\_\_  
Date

**Application fee: \$40**

Applications will not be processed without payment.

*Must be using [Adobe Reader](#)  
to sign and submit via button.*

**For payment:** Call **385-468-3835** to provide credit card information (Visa/MasterCard only)

Or print and send check or money order to: Sanitation & Safety Bureau  
Environmental Health Division  
788 East Woodoak Lane (5380 South)  
Murray, Utah 84107

**HEALTH DEPARTMENT USE ONLY**

**Date Paid:** \_\_\_\_\_ **Score:** \_\_\_\_\_ **Certificate Date:** \_\_\_\_\_

**Certificate Number:** \_\_\_\_\_ **Issuing Employee:** \_\_\_\_\_

**Additional Info:** \_\_\_\_\_