

Tanning Test

===== Introduction Questions =====

Question 1

Question text

Why is your role in indoor tanning customer service important to each of the following?

Your employer	Answer 1Choose...You are their tanning consultant.The things you learn about client service, education and sales will benefit you throughout your future.How well you do your job affects client satisfaction, client retention and income from sales, both tanning and product.
The customer	Answer 2Choose...You are their tanning consultant.The things you learn about client service, education and sales will benefit you throughout your future.How well you do your job affects client satisfaction, client retention and income from sales, both tanning and product.
Yourself	Answer 3Choose... How well you do your job affects client satisfaction, client retention and income from sales, both tanning and product.You are their tanning consultant.The things you learn about client service, education and sales will benefit you throughout your future.



Question 2

Question text

Indoor tanning is regulated to produce income for the government.

Select one:

- True
- False

Question 3

Question text

Who introduced indoor tanning to the US?

Select one:

- a. Snooki
- b. Friedrich Wolff
- c. Coco Chanel
- d. Lotion manufacturing companies

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Question 4

Question text

What is the most important asset of a successful salon?

Select one:

- a. A good salon management software system.
- b. Good Equipment
- c. A well-trained staff

Question 5

Question text

Why is our industry being attacked by the cosmetic industry?

Select one:

- a. They have the public's best interest as a major business driver.
- b. They are a bunch of goths and vampire "wanna be's"
- c. Their economic interests. They view indoor tanning as directly competing with their products.

Question 6

Question text

About what average percent of indoor tanners are men?

Select one:

- a. 55 % men
- b. 35 % men
- c. 20 % men

===== **Introduction Answers**=====

Question 1

Question text

Why is your role in indoor tanning customer service important to each of the following?

Your employer	Answer 1Choose...You are their tanning consultant.The things you learn about client service, education and sales will benefit you throughout your future.How well you do your job affects client satisfaction, client retention and income from sales, both tanning and product.
The customer	Answer 2Choose...You are their tanning consultant.The things you learn about client service, education and sales will benefit you throughout your

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	future. How well you do your job affects client satisfaction, client retention and income from sales, both tanning and product.
Yourself	Answer 3Choose...How well you do your job affects client satisfaction, client retention and income from sales, both tanning and product.You are their tanning consultant.The things you learn about client service, education and sales will benefit you throughout your future.

Feedback

The correct answer is: Your employer → How well you do your job affects client satisfaction, client retention and income from sales, both tanning and product., The customer → You are their tanning consultant., Yourself → The things you learn about client service, education and sales will benefit you throughout your future.

Question 2

Question text

Indoor tanning is regulated to produce income for the government.

Select one:

- True
- False

Feedback

Correct - Tanning is regulated because tanning equipment is classified as a medical device.

The correct answer is 'False'.

Question 3

Question text

Who introduced indoor tanning to the US?

Select one:

- a. Snooki
- b. Friedrich Wolff
- Yes
- c. Coco Chanel
- d. Lotion manufacturing companies

Feedback

The correct answer is: Friedrich Wolff

Question 4

Question text

What is the most important asset of a successful salon?

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Select one:

- a. A good salon management software system.
- b. Good Equipment
- c. A well-trained staff

Yes, YOUR professionalism is what drives customer satisfaction

Feedback

The correct answer is: A well-trained staff

Question 5

Question text

Why is our industry being attacked by the cosmetic industry?

Select one:

- a. They have the public's best interest as a major business driver.
- b. They are a bunch of goths and vampire "wanna be's"
- c. Their economic interests. They view indoor tanning as directly competing with their products.

Correct, they know that when people have a tan they spend less on cosmetics.

Feedback

The correct answer is: Their economic interests. They view indoor tanning as directly competing with their products.

Question 6

Question text

About what average percent of indoor tanners are men?

Select one:

- a. 55 % men
- b. 35 % men

Yes, 35 % men. You will need to be ready to communicate about indoor tanning with both men and women.

- c. 20 % men

Feedback

The correct answer is: 35 % men

Tanning Test

===== Light and UV Questions =====

Question 1

Question text

What factors affect the amount of UV exposure you get outdoors? Check all that apply.

Select one or more:

- a. The altitude – distance above sea level.
- b. Latitude - distance from the equator .
- c. Ozone depletion
- d. The height of the sun and time of day
- e. The time of the year.
- f. Scattered and reflected UV

Question 2

Question text

Match the forms of UV to the statements

Manmade sources of it have been used medically and commercially to kill germs.	Answer 1Choose... UVB UV3 UVA UV1 UV2 UVC
It has a very important role in the tanning process, it helps develop new pigment in our skin.	Answer 2Choose... UVB UV3 UVA UV1 UV2 UVC
It has a very important role in the tanning process because it oxidizes pigment in our skin. That causes the brown to bronze color associated with a tan	Answer 3Choose... UVB UV3 UVA UV1 UV2 UVC

Question 3

Question text

Match the following questions to a correct answer

What form of measurement is used to measure the wavelengths of visible and UV energy?	Answer 1Choose... It flows downhill A tanning lamp Waves of Particles Electromagnetic Spectrum Volt Nanometer
In what form does all electromagnetic energy move?	Answer 2Choose... It flows downhill A tanning lamp Waves of Particles Electromagnetic Spectrum Volt Nanometer
What do we call the arrangement of radiation according to its wavelength?	Answer 3Choose... It flows downhill A tanning lamp Waves of Particles Electromagnetic Spectrum Volt Nanometer

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Question 4

Question text

The most important difference between UV exposures outdoors and indoors is the controlled environment.

Select one:

True

False

===== Light and UV Answers =====

Question 1

Question text

What factors affect the amount of UV exposure you get outdoors? Check all that apply.

Select one or more:

- a. The altitude – distance above sea level.
- b. Latitude - distance from the equator .
- c. Ozone depletion
- d. The height of the sun and time of day
- e. The time of the year.
- f. Scattered and reflected UV

Feedback

The correct answers are: Ozone depletion, The height of the sun and time of day, Latitude - distance from the equator ., The time of the year., Scattered and reflected UV, The altitude – distance above sea level.

Question 2

Question text

Match the forms of UV to the statements

Manmade sources of it have been used medically and commercially to kill germs.

Answer 1

UVC

It has a very important role in the tanning process, it helps develop new pigment in our skin. Answer 2

UVB

It has a very important role in the tanning process because it oxidizes pigment in our skin. That causes the brown to bronze color associated with a tan Answer 3

UVA

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Feedback

The correct answer is: Manmade sources of it have been used medically and commercially to kill germs. → UVC, It has a very important role in the tanning process, it helps develop new pigment in our skin. → UVB, It has a very important role in the tanning process because it oxidizes pigment in our skin. That causes the brown to bronze color associated with a tan → UVA

Question 3

Question text

Match the following questions to a correct answer

What form of measurement is used to measure the wavelengths of visible and UV energy? Answer 1

Nanometer

In what form does all electromagnetic energy move? Answer 2

Waves of Particles

What do we call the arrangement of radiation according to its wavelength?

Answer 3

Electromagnetic Spectrum

Feedback

The correct answer is: What form of measurement is used to measure the wavelengths of visible and UV energy? → Nanometer, In what form does all electromagnetic energy move? → Waves of Particles, What do we call the arrangement of radiation according to its wavelength? → Electromagnetic Spectrum

Question 4

Question text

The most important difference between UV exposures outdoors and indoors is the controlled environment.

Select one:

True

False

Feedback

Yes the controlled environment of a piece of indoor tanning equipment can allow for more predictable exposures when the customer services representation understands the equipment's capability and the customer's relative sensitivity to UV.

The correct answer is 'True'.

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===== Skin and Tanning Process Questions =====

Question 1

Question text

Why does your tan plateau?

Select one:

- a. As our skin thickens, less and less UVB reaches the basal cell layer and the pigment producing cells there. This means we are less prone to sunburn. It also means we reach a “tanning peak or Tanning Plateau”; a point beyond which we do not produce more pigment simply because UVB no longer reaches the melanocyte cells..
- b. The customer service representative won't let me tan twice a day.
- c. Old lamps
- d. I don't tan often enough, I should go every day.

Question 2

Question text

Match each layer of the skin with the descriptive phrase that applies to it.

Structural components of this layer include collagen (which provides strength), elastic fibers (which provide elasticity),	Answer 1 Choose...Hypodermis Tissue Dermis Epidermis
The entire tanning process occurs in this layer.	Answer 2 Choose... Hypodermis Tissue Dermis Epidermis
It is composed of a type of cells that specialize in accumulating and storing fats known as adipocytes.	Answer 3 Choose... Hypodermis Tissue Dermis Epidermis

Question 3

Question text

Which of the following are layers of the skin. Check all that apply.

Select one or more:

- a. Melanogenesis
- b. Dermis
- c. Epidermis
- d. Hypodermis or Subcutaneous Tissue
- e. Melanin

Question 4

Question text

The protective effects of a base tan come from the increase in melanin in our skin that absorbs UV and the thickening of the epidermis.

Tanning Test

Select one:

- True
- False

Question 5

Question text

Why is it important to find out where and how a new client has their color?

Select one:

- a. If they got it outdoors you will want to tell them how much safer indoor tanning is.
- b. Looks can be deceiving. If your new client with the great tan had previously been using High Pressure , UV-A only equipment or sunless and you put them in a tanning unit that emits UV-B you could potentially burn them if you assume they have a base tan.
- c. If they got it at a competitor's place you will want to tell them how bad the place is.

Question 6

Question text

Which of the following apply to melanin? Check all that apply.

Select one or more:

- a. It is the pigment that colors our skin.
- b. It is produced in our skin by melanocyte cells located in the basal cell layer of the epidermis.
- c. Exposure to UV-B causes an increase in it's production
- d. Exposure to UV-A causes it to oxidize and show a bronze tan color.

===== Skin and Tanning Process Answers =====

Question 1

Why does your tan plateau?

Select one:

- a. As our skin thickens, less and less UVB reaches the basal cell layer and the pigment producing cells there. This means we are less prone to sunburn. It also means we reach a “tanning peak or Tanning Plateau”; a point beyond which we do not produce more pigment simply because UVB no longer reaches the melanocyte cells..

That is correct

- b. The customer service representative won't let me tan twice a day.

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- c. Old lamps
- d. I don't tan often enough, I should go every day.

Feedback

The correct answer is: As our skin thickens, less and less UVB reaches the basal cell layer and the pigment producing cells there. This means we are less prone to sunburn. It also means we reach a “tanning peak or Tanning Plateau”; a point beyond which we do not produce more pigment simply because UVB no longer reaches the melanocyte cells..

Question 2

Question text

Match each layer of the skin with the descriptive phrase that applies to it.

Structural components of this layer include collagen (which provides strength), elastic fibers (which provide elasticity),	Answer 1 Choose...Hypodermis or Subcutaneous Tissue Dermis Epidermis
The entire tanning process occurs in this layer.	Answer Choose...Hypodermis or Subcutaneous Tissue Dermis Epidermis
It is composed of a type of cells that specialize in accumulating and storing fats known as adipocytes.	Answer 3 Choose...Hypodermis or Subcutaneous Tissue Dermis Epidermis

Feedback

The correct answer is: Structural components of this layer include collagen (which provides strength), elastic fibers (which provide elasticity), → Dermis, The entire tanning process occurs in this layer. → Epidermis, It is composed of a type of cells that specialize in accumulating and storing fats known as adipocytes. → Hypodermis or Subcutaneous Tissue

Question 3

Question text

Which of the following are layers of the skin. Check all that apply.

Select one or more:

- a. Melanogenesis
- b. Dermis
- c. Epidermis
- d. Hypodermis or Subcutaneous Tissue
- e. Melanin

Feedback

The correct answers are: Epidermis, Dermis, Hypodermis or Subcutaneous Tissue

Tanning Test

Question 4

Question text

The protective effects of a base tan come from the increase in melanin in our skin that absorbs UV and the thickening of the epidermis.

Select one:

- True
- False

Feedback

Yes, The protective effects of a base tan come from the increase in melanin in our skin that absorbs UV and the thickening of the epidermis.
The correct answer is 'True'.

Question 5

Question text

Why is it important to find out where and how a new client has their color?

Select one:

- a. If they got it outdoors you will want to tell them how much safer indoor tanning is.
- b. Looks can be deceiving. If your new client with the great tan had previously been using High Pressure , UV-A only equipment or sunless and you put them in a tanning unit that emits UV-B you could potentially burn them if you assume they have a base tan.
Correct, good job.
- c. If they got it at a competitor's place you will want to tell them how bad the place is.

Feedback

The correct answer is: Looks can be deceiving. If your new client with the great tan had previously been using High Pressure , UV-A only equipment or sunless and you put them in a tanning unit that emits UV-B you could potentially burn them if you assume they have a base tan.

Question 6

Question text

Which of the following apply to melanin? Check all that apply.

Select one or more:

- a. It is the pigment that colors our skin.
The melanin pigment that colors our skin is produced in our skin by melanocyte cells located in the basal cell layer of the epidermis. Exposure to UV-B causes an increase in it's production and exposure to UV-A causes it to oxidize and show a bronze tan color.
- b. It is produced in our skin by melanocyte cells located in the basal cell layer of the epidermis.

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- c. Exposure to UV-B causes an increase in it's production
- d. Exposure to UV-A causes it to oxidize and show a bronze tan color.

Feedback

The correct answers are: It is the pigment that colors our skin., It is produced in our skin by melanocyte cells located in the basal cell layer of the epidermis., Exposure to UV-B causes an increase in it's production, Exposure to UV-A causes it to oxidize and show a bronze tan color.

===== Skin Types Questions =====

Question 1

Question text

Choose the skin type that matches the description.

What skin type makes up the majority of indoor tanners?	Answer 1 Choose...2 6 3 4 1 5
What skin type is described as fair skin with a hint of beige.	Answer 2 Choose...2 6 3 4 1 5
People with this skin type have an ethnic background of African American or Africans.	Answer 3 Choose...2 6 3 4 1 5
A person with this skin type is a naturally medium to dark brown color and they reach a profuse dark brown tan.	Answer 4 Choose...2 6 3 4 1 5
A person with this skin type should not tan because they will always burn.	Answer 5 Choose...2 6 3 4 1 5
People with this skin type will experience Immediate Pigment Darkening (IPD)	Answer 6 Choose...2 6 3 4 1 5

Question 2

Question text

The FDA uses the Fitzpatrick scale for determining skin types?

Select one:

- True
- False

Tanning Test

Question 3

Question text

How many skin types are there?

Select one:

- a. 4
- b. 6
- c. 8

===== Skin Types Answers =====

Question 1

Question text

Choose the skin type that matches the description.

What skin type makes up the majority of indoor tanners?	Answer 1 Choose...2 6 3 4 1 5
What skin type is described as fair skin with a hint of beige.	Answer 2 Choose...2 6 3 4 1 5
People with this skin type have an ethnic background of African American or Africans.	Answer 3 Choose...2 6 3 4 1 5
A person with this skin type is a naturally medium to dark brown color and they reach a profuse dark brown tan.	Answer 4 Choose...2 6 3 4 1 5
A person with this skin type should not tan because they will always burn.	Answer 5 Choose...2 6 3 4 1 5
People with this skin type will experience Immediate Pigment Darkening (IPD)	Answer 6 Choose...2 6 3 4 1 5

Feedback

Your answer is correct.

The correct answer is: What skin type makes up the majority of indoor tanners? → 3, What skin type is described as fair skin with a hint of beige. → 2, People with this skin type have an ethnic background of African American or Africans. → 6, A person with this skin type is a naturally medium to dark brown color and they reach a profuse dark brown

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tan. → 5, A person with this skin type should not tan because they will always burn. → 1,
People with this skin type will experience Immediate Pigment Darkening (IPD) → 4

Question 2

Question text

The FDA uses the Fitzpatrick scale for determining skin types?

Select one:

True

False

Feedback

Correct, the Fitzpatrick scale.

The correct answer is 'True'.

Question 3

Question text

How many skin types are there?

Select one:

a. 4

b. 6

c. 8

Feedback

The correct answer is: 6

===== Eyes and Eye Wear Questions =====

Question 1

Question text

As a tanning operator, ensuring that our clients wear their protective eyewear is one of the most important and the most challenging part of your job.

Select one:

True

False

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Question 2

Question text

What do you do if a customer tells you - "I don't need eyewear, I never use it"?
Check all answers that apply.

Select one or more:

- a. Explain the risks of exposure to the eyes and the damage that can occur.
- b. Explain that regulations require eyewear use and that you have to refuse them service if they refuse to use eyewear.
- c. Give in and send them to a tanning room
- d. Show them the options for types of eyewear and how those choices meet their objections to eyewear use.

Question 3

Question text

How do you protect your eyes from UV exposure when tanning indoors.

Select one:

- a. By covering your face with a towel
- b. Closing your eyes will keep the UV out.
- c. Use eyewear compliant with FDA regulations.

Question 4

Question text

Match the following descriptive phrases with with the most appropriate parts of the eye.

Is a transparent flexible structure that focuses light rays onto the retina.	Answer 1 Choose...Retina Cornea Pupil Lens
Senses light and creates impulses that are sent on to the optic nerve and then to the brain.	Answer 2 Choose...Retina Cornea Pupil Lens
Is a clear front window that transmits and focuses light into the eye. It covers and protects the Iris.	Answer 3 Choose...Retina Cornea Pupil Lens
Is in the center of the iris. Its size determines how much light to let into the eye.	Answer 4 Choose...Retina Cornea Pupil Lens

Question 5

Question text

How far does UV penetrate into the eye? Check all that apply.

Select one or more:

- a. UV does not penetrate into the eye

Tanning Test

- b. UV-B travels as far back as right behind the lens
- c. UV-A travels as far back as the Retinal layer

Question 6

Question text

Which of the following types of damage to the eye can occur from UV exposure without appropriate eye protection. Check all answers that apply.

Select one or more:

- a. Sun burn to the cornea
- b. Getting a cataract
- c. Dulled or fading color perception
- d. Night vision blindness

===== Eyes and Eye Wear Answers =====

Question 1

Question text

As a tanning operator, ensuring that our clients wear their protective eyewear is one of the most important and the most challenging part of your job.

Select one:

- True
- False

Feedback

Correct

The correct answer is 'True'.

Question 2

Question text

What do you do if a customer tells you - "I don't need eyewear, I never use it"? Check all answers that apply.

Select one or more:

- a. Explain the risks of exposure to the eyes and the damage that can occur.
- b. Explain that regulations require eyewear use and that you have to refuse them service if they refuse to use eyewear.
- c. Give in and send them to a tanning room
- d. Show them the options for types of eyewear and how those choices meet their objections to eyewear use.

Feedback

Tanning Test

The correct answers are: Explain the risks of exposure to the eyes and the damage that can occur., Show them the options for types of eyewear and how those choices meet their objections to eyewear use., Explain that regulations require eyewear use and that you have to refuse them service if they refuse to use eyewear.

Question 3

Question text

How do you protect your eyes from UV exposure when tanning indoors.

Select one:

- a. By covering your face with a towel
- b. Closing your eyes will keep the UV out.
- c. Use eyewear compliant with FDA regulations.

Correct, compliant eyewear must be worn when using indoor tanning equipment.

Feedback

The correct answer is: Use eyewear compliant with FDA regulations.

Question 4

Question text

Match the following descriptive phrases with with the most appropriate parts of the eye.

Is a transparent flexible structure that focuses light rays onto the retina.	Answer 1 Choose... Retina Cornea Pupil Lens
Senses light and creates impulses that are sent on to the optic nerve and then to the brain.	Answer 2 Choose... Retina Cornea Pupil Lens
Is a clear front window that transmits and focuses light into the eye. It covers and protects the Iris.	Answer 3 Choose... Retina Cornea Pupil Lens
Is in the center of the iris. Its size determines how much light to let into the eye.	Answer 4 Choose... Retina Cornea Pupil Lens

Feedback

The correct answer is: Is a transparent flexible structure that focuses light rays onto the retina. → Lens, Senses light and creates impulses that are sent on to the optic nerve and then to the brain. → Retina, Is a clear front window that transmits and focuses light into the eye. It covers and protects the Iris. → Cornea, Is in the center of the iris. Its size determines how much light to let into the eye. → Pupil

Question 5

Question text

How far does UV penetrate into the eye? Check all that apply.

Select one or more:

Tanning Test

- a. UV does not penetrate into the eye
- b. UV-B travels as far back as right behind the lens
- c. UV-A travels as far back as the Retinal layer

Feedback

The correct answers are: UV-A travels as far back as the Retinal layer, UV-B travels as far back as right behind the lens

Question 6

Question text

Which of the following types of damage to the eye can occur from UV exposure without appropriate eye protection. Check all answers that apply.

Select one or more:

- a. Sun burn to the cornea
- b. Getting a cataract
- c. Dulled or fading color perception
- d. Night vision blindness

Feedback

The correct answers are: Sun burn to the cornea, Getting a cataract, Night vision blindness, Dulled or fading color perception

===== New Client Process Questions =====

Question 1

Question text

What things do we need to show the client before they use the tanning unit? Check all that apply.

Select one or more:

- a. How to use the ON / OFF switch
- b. How the timer will work.
- c. How to clean the bed before they tan.
- d. How to lower and raise the canopy.

Question 2

Question text

You should avoid moisturizers that contains any of these ingredients: Check all that apply.

Select one or more:

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- a. Lanolin
- b. Waxes
- c. Acetone
- d. Petrolatum
- e. Alcohols such as Isopropyl, SD 40, Ethyl
- f. Mineral Oil

Question 3

Question text

Why is important to know the client's tanning goals and habits? Chose the best response.

Select one:

- a. I don't think its important.
- b. It helps in planning a program that meets their goals.
- c. It gives you a reason to sell them lotions.

Question 4

Question text

What instructions should you give someone who wants to tan in the nude?

Select one:

- a. We should not ask about that, it is too personal.
- b. To limit exposure time of the pale areas to 1/3 of the time of the first session, then gradually increasing the exposure time until the pigmentation of the area matches the rest of their body.
- c. That they should not do that. Exposing nipples to UV will cause breast cancer.
- d. To use a sunscreen on the sensitive pale areas skin.

Question 5

Question text

Which of these items of information do you need to collect from the client? Check all that apply.

Select one or more:

- a. Date of Birth
- b. If there is any history of skin cancer in their family.
- c. Do they know that showering too soon after tanning will wash off the effect of the UV exposure.
- d. If they ever had an allergic reaction from a sun exposure.
- e. Medications they are taking.

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===== New Client Process Answers =====

Question 1

Question text

What things do we need to show the client before they use the tanning unit? Check all that apply.

Select one or more:

- a. How to use the ON / OFF switch
- b. How the timer will work.
- c. How to clean the bed before they tan.
- d. How to lower and raise the canopy.

Feedback

The correct answers are: How to use the ON / OFF switch, How the timer will work., How to lower and raise the canopy.

Question 2

Question text

You should avoid moisturizers that contains any of these ingredients: Check all that apply.

Select one or more:

- a. Lanolin
- b. Waxes
- c. Acetone
- d. Petrolatum
- e. Alcohols such as Isopropyl, SD 40, Ethyl
- f. Mineral Oil

Feedback

The correct answers are: Mineral Oil, Waxes, Lanolin, Petrolatum, Acetone, Alcohols such as Isopropyl, SD 40, Ethyl

Question 3

Question text

Why is important to know the client's tanning goals and habits? Chose the best response.

Select one:

- a. I don't think its important.
- b. It helps in planning a program that meets their goals.

Correct

Tanning Test

c. It gives you a reason to sell them lotions.

Feedback

The correct answer is: It helps in planning a program that meets their goals.

Question 4

Question text

What instructions should you give someone who wants to tan in the nude?

Select one:

- a. We should not ask about that, it is too personal.
- b. To limit exposure time of the pale areas to 1/3 of the time of the first session, then gradually increasing the exposure time until the pigmentation of the area matches the rest of their body.

Correct.

- c. That they should not do that. Exposing nipples to UV will cause breast cancer.
- d. To use a sunscreen on the sensitive pale areas skin.

Feedback

The correct answer is: To limit exposure time of the pale areas to 1/3 of the time of the first session, then gradually increasing the exposure time until the pigmentation of the area matches the rest of their body.

Question 5

Question text

Which of these items of information do you need to collect from the client? Check all that apply.

Select one or more:

- a. Date of Birth
- b. If there is any history of skin cancer in their family.
- c. Do they know that showering too soon after tanning will wash off the effect of the UV exposure.
- d. If they ever had an allergic reaction from a sun exposure.
- e. Medications they are taking.

Feedback

The correct answers are: Date of Birth, Medications they are taking., If they ever had an allergic reaction from a sun exposure., If there is any history of skin cancer in their family.

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===== Operating Procedures Questions =====

Question 1

Question text

The client is building their base tan. They have come in for their third visit. What steps should you take with this client? Check all that apply.

Select one or more:

- a. Determine how long to put the client in the bed.
- b. Ask them how long they want to tan for.
- c. Verify they have their eyewear.
- d. Ask them how they did with the amount of time they tanned the last time.

Question 2

Question text

You are putting a client in a bed they have not used before. What should you do in this situation?

Select one:

- a. Ask the client how long they want to tan for.
- b. Take the client to the room and show them how to operate the bed.

===== Operating Procedures Answers =====

Question 1

Question text

The client is building their base tan. They have come in for their third visit. What steps should you take with this client? Check all that apply.

Select one or more:

- a. Determine how long to put the client in the bed.
- b. Ask them how long they want to tan for.
- c. Verify they have their eyewear.
- d. Ask them how they did with the amount of time they tanned the last time.

Feedback

The correct answers are: Determine how long to put the client in the bed., Ask them how they did with the amount of time they tanned the last time., Verify they have their eyewear.

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Question 2

Question text

You are putting a client in a bed they have not used before. What should you do in this situation?

Select one:

- a. Ask the client how long they want to tan for.
- b. Take the client to the room and show them how to operate the bed.

Correct

Feedback

The correct answer is: Take the client to the room and show them how to operate the bed.

===== Effects of UV Questions =====

Question 1

Question text

Medications that are known photosensitizers include? Check all that apply.

Select one or more:

- a. Psoralen - used for the treatment of Psoriasis
- b. Viagra - Used for the treatment impotency
- c. Retin-A - used for the treatment of severe acne

Question 2

Question text

Squamous cell carcinoma does not spread to other areas.

Select one:

- True
- False

Question 3

Question text

The most common form of skin cancer is?

Select one:

- a. Basal cell carcinoma
- b. Squamous cell carcinoma
- c. Malignant melanoma

Tanning Test

Question 4

Question text

People most likely to develop skin cancer include? Check all that apply.

Select one or more:

- a. Men
- b. People with a family history of skin cancer
- c. Fair skinned Caucasians
- d. People who have frequent overexposure to UV light

Question 5

Question text

What vitamin is produced in skin exposed to UV light?

Select one:

- a. C
- b. A
- c. B
- d. D

===== Effects of UV Answers =====

Question 1

Question text

Medications that are known photosensitizers include? Check all that apply.

Select one or more:

- a. Psoralen - used for the treatment of Psoriasis
- b. Viagra - Used for the treatment impotency
- c. Retin-A - used for the treatment of severe acne

Feedback

The correct answers are: Psoralen - used for the treatment of Psoriasis, Retin-A - used for the treatment of severe acne

Question 2

Question text

Squamous cell carcinoma does not spread to other areas.

Select one:

True

Tanning Test

False

Feedback

The correct answer is 'False'.

Question 3

Question text

The most common form of skin cancer is?

Select one:

- a. Basal cell carcinoma
- Correct, Basal cell carcinoma is the most common.
- b. Squamous cell carcinoma
- c. Malignant melanoma

Feedback

The correct answer is: Basal cell carcinoma

Question 4

Question text

People most likely to develop skin cancer include? Check all that apply.

Select one or more:

- a. Men
- b. People with a family history of skin cancer
- c. Fair skinned Caucasians
- d. People who have frequent overexposure to UV light

Feedback

The correct answers are: Fair skinned Caucasians, People who have frequent overexposure to UV light, People with a family history of skin cancer, Men

Question 5

Question text

What vitamin is produced in skin exposed to UV light?

Select one:

- a. C
- b. A
- c. B
- d. D

Feedback

Tanning Test

The correct answer is: D

===== Equipment Components Questions =====

Question 1

Question text

Why is the equipment owner's manual important? Check all that apply.

Select one or more:

- a. It contains instructions to aid in maintaining the equipment.
- b. Customers will need to use it so they know how to turn the equipment off and on.
- c. It contains copies of all labels required by regulations.

Question 2

Question text

The UV output of tanning lamps declines over time. What causes this to happen? Check all that apply.

Select one or more:

- a. The “phosphors” in low-pressure lamps break down over time.
- b. The quartz glass in high-pressure lamps degrades and absorbs the UV.
- c. The electrodes in the lamp wear out.

Question 3

Question text

Which of the following is true about tanning bed timers? Check all that are true.

Select one or more:

- a. The timer system must match the maximum exposure time on the bed label.
- b. Let the client set their own time.
- c. The timer must be accurate within (+/-) 10%. Using the example of a 20 minute timer, when set to the full 20 minutes it must measure between 18 and 22 minutes to be acceptable.
- d. Timer accuracy must be checked periodically and should always be checked if there is a question about it being inaccurate.

Question 4

Question text

When should you replace tanning lamps? Check all that apply

Select one or more:

Tanning Test

- a. When they burn out.
- b. Every winter to get ready for the spring season.
- c. When their "rated life" has been reached.

Question 5

Question text

Lamps work in conjunction with other components. Match the following components with their function.

Used in "Choke start" or "Pre-heat" lamp circuits to start the lamp.	Answer 1 Choose...Filter glass Acrylic Lamp starters Reflectors Lamp holders
Used with high pressure lamps to remove UVC and heat	Answer 2 Choose...Filter glass Acrylic Lamp starters Reflectors Lamp holders
Direct lamp output towards the client.	Answer 3 Choose...Filter glass Acrylic Lamp starters Reflectors Lamp holders
Keep the lamp in position and supply electricity thru their contacts.	Answer 4 Choose...Filter glass Acrylic Lamp starters Reflectors Lamp holders
Used in most equipment to prevent consumer contact with the lamps.	Answer 5 Choose...Filter glass Acrylic Lamp starters Reflectors Lamp holders

Question 6

Question text

The warning label on your tanning bed has dried out, mostly flaked off and is not readable. What should you do?

Select one:

- a. Ignore it, you have more important things to pay attention to.
- b. Replace it.
- c. Scrape it off with a razor knife, it looks ugly.

Question 7

Question text

It is time to replace the lamps. How do you know what lamps should be used to replace the old lamps? Check all that are accurate.

Select one or more:

- a. Use the lamp specified by the manufacturer, per the label on the equipment.
- b. With a little research you can identify the "hottest" lamp that will fit in the equipment. This is always the best choice for a replacement lamp
- c. Use the cheapest lamp you can find.
- d. If it is the correct length and has the correct ends for the lamp holders it is ok to use.

Tanning Test

e. A lamp different from the labeled lamp may be used, but you must have paperwork that documents the equivalency or compatibility to the labeled lamp.

===== Equipment Components Answers =====

Question 1

Question text

Why is the equipment owner's manual important? Check all that apply.

Select one or more:

- a. It contains instructions to aid in maintaining the equipment.
- b. Customers will need to use it so they know how to turn the equipment off and on.
- c. It contains copies of all labels required by regulations.

Feedback

The correct answers are: It contains instructions to aid in maintaining the equipment., It contains copies of all labels required by regulations.

Question 2

Question text

The UV output of tanning lamps declines over time. What causes this to happen?

Check all that apply.

Select one or more:

- a. The “phosphors” in low-pressure lamps break down over time.
- b. The quartz glass in high-pressure lamps degrades and absorbs the UV.
- c. The electrodes in the lamp wear out.

Feedback

The correct answers are: The “phosphors” in low-pressure lamps break down over time., The quartz glass in high-pressure lamps degrades and absorbs the UV.

Question 3

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Which of the following is true about tanning bed timers? Check all that are true.

Select one or more:

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Tanning Test

d. Timer accuracy must be checked periodically and should always be checked if there is a question about it being inaccurate.

Feedback

The correct answers are: The timer system must match the maximum exposure time on the bed label., The timer must be accurate within (+/-) 10%. Using the example of a 20 minute timer, when set to the full 20 minutes it must measure between 18 and 22 minutes to be acceptable., Timer accuracy must be checked periodically and should always be checked if there is a question about it being inaccurate.

Question 4

Question text

When should you replace tanning lamps? Check all that apply

Select one or more:

- a. When they burn out.
- b. Every winter to get ready for the spring season.
- c. When their "rated life" has been reached.

Feedback

The correct answers are: When they burn out., When their "rated life" has been reached.

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Lamps work in conjunction with other components. Match the following components with their function.

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Direct lamp output towards the client.	Answer 3 Choose...Filter glass Acrylic Lamp starters Reflectors Lamp holders
Keep the lamp in position and supply electricity thru their contacts.	Answer 4 Choose...Filter glass Acrylic Lamp starters Reflectors Lamp holders
Used in most equipment to prevent consumer contact with the lamps.	Answer 5 Choose...Filter glass Acrylic Lamp starters Reflectors Lamp holders

Feedback

The correct answer is: Used in "Choke start" or "Pre-heat" lamp circuits to start the lamp. → Lamp starters, Used with high pressure lamps to remove UVC and heat → Filter glass, Direct lamp output towards the client. → Reflectors, Keep the lamp

Tanning Test

in position and supply electricity thru their contacts. → Lamp holders, Used in most equipment to prevent consumer contact with the lamps. → Acrylic

Question 6

Question text

The warning label on your tanning bed has dried out, mostly flaked off and is not readable. What should you do?

Select one:

- a. Ignore it, you have more important things to pay attention to.
- b. Replace it.
- c. Scrape it off with a razor knife, it looks ugly.

Feedback

The correct answer is: Replace it.

Question 7

Question text

It is time to replace the lamps. How do you know what lamps should be used to replace the old lamps? Check all that are accurate.

Select one or more:

- a. Use the lamp specified by the manufacturer, per the label on the equipment.
- b. With a little research you can identify the "hottest" lamp that will fit in the equipment. This is always the best choice for a replacement lamp
- c. Use the cheapest lamp you can find.
- d. If it is the correct length and has the correct ends for the lamp holders it is ok to use.
- e. A lamp different from the labeled lamp may be used, but you must have paperwork that documents the equivalency or compatibility to the labeled lamp.

Feedback

The correct answers are: Use the lamp specified by the manufacturer, per the label on the equipment., A lamp different from the labeled lamp may be used, but you must have paperwork that documents the equivalency or compatibility to the labeled lamp.

Tanning Test

===== Equipment Maintenance Questions =====

Question 1

Question text

What safety precautions should be taken when performing maintenance on the tanning unit?

Select one:

- a. You must shower immediately afterwards to wash off the UV exposure.
- b. Using protective eyewear and avoiding overexposure.
- c. The tanning room door must be locked at all times.

Question 2

Question text

Using UV metering technology can be an important part of an equipment maintenance program.

Select one:

- True
- False

Question 3

Question text

Why should equipment maintenance be performed? Check all that apply.

Select one or more:

- a. It presents a good image to the client.
- b. Don't bother with maintenance, just repair it when it breaks.
- c. Minimum standards for equipment maintenance are required by federal regulations.
- d. Properly maintained equipment will reduce operating costs.

===== Equipment Maintenance Answers =====

Question 1

Question text

What safety precautions should be taken when performing maintenance on the tanning unit?

Tanning Test

Select one:

- a. You must shower immediately afterwards to wash off the UV exposure.
 - b. Using protective eyewear and avoiding overexposure.
- Correct, Using protective eyewear and avoiding overexposure are tanning specific.
- c. The tanning room door must be locked at all times.

Feedback

The correct answer is: Using protective eyewear and avoiding overexposure.

Question 2

Question text

Using UV metering technology can be an important part of an equipment maintenance program.

Select one:

- True
- False

Feedback

Yes, metering can be very helpful.

The correct answer is 'True'.

Question 3

Question text

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Select one or more:

- a. It presents a good image to the client.
- b. Don't bother with maintenance, just repair it when it breaks.
- c. Minimum standards for equipment maintenance are required by federal regulations.
- d. Properly maintained equipment will reduce operating costs.

Feedback

The correct answers are: It presents a good image to the client., Properly maintained equipment will reduce operating costs., Minimum standards for equipment maintenance are required by federal regulations.

Tanning Test

===== Regulations Questions =====

Question 1

Question text

The following government agencies are commonly the focus of state oversight:

- Radiation regulators that oversee other radiation sources such as x-rays.
- Health departments
- Cosmetology boards
-

Select one:

- True
- False

Question 2

Question text

FDA protective eyewear regulations include which of the following? Check all that apply.

Select one or more:

- a. Eyewear must be available to the customer for use in the equipment
- b. The eyewear must block 99.9 % of UVB and 99 % of UVA from penetrating the user's eyes.
- c. Enough vision must be maintained to allow the consumer to see the location of the on/off switch or the emergency off switch.
- d. The eyewear must have straps.
- e. The eyewear must remain over the consumer's eyes in all anticipated positions.

Question 3

Question text

FDA requires that all tanning equipment have labels that include:

- A warning statement beginning with "DANGER-Ultraviolet Radiation"
- A recommended exposure schedule including duration and spacing of sequential exposures and the maximum time in minutes
- Lamp type designated for the unit by the equipment manufacturer

Select one:

- True
- False

Question 4

Question text

Tanning Test

Generally regulations require a warning sign to be posted in each tanning room near the tanning unit. The warning sign must be easily viewed by the consumer. In addition, most states require that each consumer read a warning statement. They would also be required to sign an acknowledgment that they have read and understood the warning.

Select one:

- True
- False

Question 5

Question text

Generally registration of all businesses that offer UV tanning services is required by state regulations. The registration requirements typically include periodic renewal and the report of changes to the business that impact the original registration.

Select one:

- True
- False

Question 6

Question text

Most state regulations include requirements for staff training. Generally the training required includes which of the following? Check all that apply

Select one or more:

- a. Equipment operation and maintenance.
- b. State regulations.
- c. Skin Type determination.
- d. Injury recognition and reporting procedures.

Question 7

Question text

Most state regulations require that we screen potential customers for areas of high risk or where regulations would prohibit tanning. These areas include? Check all that apply

Select one or more:

- a. People with skin type 1 who should not tan.
- b. People who may be below the required age to tan or may need parental approval according to state requirements.
- c. Women who are pregnant who should consult their doctor before they tan.
- d. Use of medications that might cause a photosensitive response.

Tanning Test

e. People with a history of skin cancer who should not tan.

Question 8

Question text

Which of the following are true about state level eyewear requirements? Check all that apply.

Select one or more:

- a. Most states accept the practice of requiring that the consumer purchase and use their own personal eyewear.
- b. They require the use of eyewear and incorporate the FDA requirement that it must be provided to each consumer.
- c. They allow sunglasses to be allowed as protective eyewear.

Question 9

Question text

No claim can be made that tanning is "safe" or free of risks or that an individual can't burn. This also includes any claims of medical or health benefits. Indoor tanning is approved by the FDA for cosmetic benefits only, that is all we can claim or advertise.

Select one:

- True
- False

Question 10

Question text

Generally state regulations include sanitation requirements for equipment and shared eyewear.

Select one:

- True
- False

Question 11

Question text

Many regulated states do periodic inspections of the tanning businesses. Typically these inspections are structured to insure compliance with both state and FDA regulations

Select one:

- True

Tanning Test

False

Question 12

Question text

The FDA regulations cover three broad areas. These areas are? Check all that apply.

Select one or more:

- a. UV Exposure Management
- b. Equipment Cleaning and Sanitation
- c. Protective Eyewear.
- d. Equipment Labeling and other information.

===== Reglattiions Answers =====

Question 1

Question text

The following government agencies are commonly the focus of state oversight:

- Radiation regulators that oversee other radiation sources such as x-rays.
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- d. The eyewear must have straps.
- e. The eyewear must remain over the consumer's eyes in all anticipated positions.

Feedback

Tanning Test

The correct answers are: Eyewear must be available to the customer for use in the equipment, The eyewear must block 99.9 % of UVB and 99 % of UVA from penetrating the user's eyes., The eyewear must remain over the consumer's eyes in all anticipated positions., Enough vision must be maintained to allow the consumer to see the location of the on/off switch or the emergency off switch.

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The correct answer is 'True'.

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The correct answers are: State regulations., Equipment operation and maintenance., Skin Type determination., Injury recognition and reporting procedures.

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- c. Women who are pregnant who should consult their doctor before they tan.
- d. Use of medications that might cause a photosensitive response.
- e. People with a history of skin cancer who should not tan.

Feedback

The correct answers are: Use of medications that might cause a photosensitive response., People with skin type 1 who should not tan., People with a history of skin cancer who should not tan., Women who are pregnant who should consult their doctor before they tan., People who may be below the required age to tan or may need parental approval according to state requirements.

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Tanning Test

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Tanning Test

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