**Basic Associate National Curriculum: EXAMINATION**

1. Skin is composed of two separate and distinct layers of tissue:
2. The melanocytes and basal cells c. the dermis and epidermis
3. Collagen and pigmentation d. blood vessels and sebaceous glands
4. What does SPF stand for?
5. Sun/Solar Protection Factor c. Scientific Proof Factor
6. Sun Protection Flow d. Sun Penetration Factor
7. Why must indoor tanning equipment users be informed of the dangers of ultraviolet light without wearing FDA compliant protective eye wear?
8. To scare them into wearing protective eyewear
9. So that they can decide for themselves whether or not to use protective eye wear
10. Because failure to do so may result in permanent eye damage or blindness
11. Because users should become eye experts before they tan indoors
12. Ultraviolet light is measured in:
13. Millimeters c. nanometers
14. Inches d. centimeters
15. Itchy skin, especially if a client is new to indoor tanning, is a very common temporary reaction.
16. True b. false
17. Does the Food and Drug Administration (FDA) require that indoor tanning equipment be cleaned and sanitized between uses?
18. Yes b. No
19. People’s ability to tan indoor or outdoor is dependent MAINLY upon:
20. Skin thickness c. their inherited skin type
21. Healthy life style d. all of the above
22. When is the appropriate time to change the acrylic sheet on indoor tanning equipment?
23. 10,000 hours c. according to the manufacturer’s specifications
24. Every other lamp change d. 2,000’s tanning sessions
25. Readings for minimal melanogenic does are performed by the manufacturer after 7 days.
26. True b. False
27. What is the most important reason for using a lotion while tanning?
28. To enhance and accelerate the tanning process
29. To block excess UV light
30. To bind moisture to skin
31. To prevent sunburn and wrinkles
32. Protective eye wear for indoor tanners must be:
33. In compliance with international standard
34. In compliance with state and local regulations
35. In compliance with the FDA, Federal Standard CFR 1040.20(c-4)
36. Dark enough so the user cannot read through them
37. The skin cells that produce pigment granules are called:
38. Melanocytes c. granulocytes
39. Basal cells d. resilient fiber cells
40. A potential risk from indoor tanning is
41. Overexposure when in natural sunlight
42. overexposure from UVB or UVA
43. overexposure from any source of UV light
44. In advertising your services, you may include claims that indoor tanning can effectively treat acne, psoriasis and provide temporary relief from arthritic pain.
45. True b. false
46. Which advertising copy phrase is considered accurate by the FTC (Federal Trade Commission)
47. Our equipment is FDA approved
48. We use only FDA approved indoor tanning equipment
49. Our indoor tanning equipment is FDA compliant
50. The parts of the eye that may be permanently damage due to overexposure to UV light are:
51. The cornea c. the eyelids
52. The lenses d. the retina e. all of the above
53. Which of the following are acceptable candidates for indoor tanning?
54. Individuals with a history of skin cancer
55. Expectant mothers
56. Skin type I individuals
57. Clients on PUVA medication
58. None of the above
59. Another name for sunburn is
60. Photo therapy c. erythema
61. Melanogenesis d. heat therapy
62. If a customer comes to you to get a bas tan before vacationing in a sunny climate or a cruise you should inform them that while in the sun:
63. The use of a good sunscreen is still necessary and highly recommended
64. As long as you have a bas tan- no need to worry about burning
65. The improper cleaning and disinfecting of protective eye wear may cause
66. Eye irritation
67. Pinkeye epidemic
68. the perceived image that your salon is an unsanitary tanning environment
69. all of the above
70. the ultraviolet light spectrum is divided into
71. ultraviolet, visible and infrared light
72. wavelengths measure in inches
73. UVA/UVB/UVC
74. The FDA regulations require that the timer for any indoor tanning unit be accurate within 10% (+ or -) of the maximum timer interval of the unit.
75. True b. False
76. The FDA regulations require that a copy of instructions to the user (user manual) for each indoor tanning unit be available on the premises for review by clients, staff and officials
77. True b. false
78. Which of the following actions can be taken to diminish heat build-up and create a more comfortable tanning experience for your customer?
79. Add a ceiling fan
80. Make sure that the air conditioning unit is appropriate for the total BTU output of your salon
81. Leave the door to the tanning room open while the customer is tanning
82. A & b
83. None of the above
84. Which of the following may cause a photosensitive reaction while tanning indoors?
85. Pregnancy
86. Certain foods
87. Certain medications
88. Certain cosmetics
89. All of the above
90. Most indoor tanning lamps generate
91. UVA & UVB c. UVB only
92. UVA only d. UVB & UVC
93. Many of the state and local governments require registration of indoor tanning facilities. What is your best move if you have not registered?
94. Wait for the inspector to show up
95. Contact the regulatory agency and request the proper forms
96. Call the competition to find out what they think
97. By installing the correct amount of air conditioning and maintaining your tanning equipment properly you will
a. increase the life of your lamps c. keep your staff happy

b. reduce customer complaints regarding the heat d. all of the above

1. A competitor advertises, “completely safe/no burning”, you should
2. Advertise in the same manner to avoid losing customers
3. Contact the local FDA office or forward a copy of the ad to the FTC
4. Ignore it
5. B or c
6. None of the above
7. Skin color is a function of
8. Melanin c. photosensitivity
9. Erythema d. heat
10. Which of the following factors influence the amount of ultraviolet exposure one receives outdoors?
11. Altitude
12. Latitude
13. Cloud cover
14. All of the above
15. None of the above
16. Which is the most important reason for keeping accurate records of customers, the date of their visit and the length of their session?
17. Liability
18. Equipment maintenance schedule
19. Tax records
20. Indoor tanning equipment surface cleaners should be selected for the following reasons:
21. That they will adequately disinfect and clean the acrylic surface and meet specific state requirements
22. That they will not cause an allergic reaction
23. That they will not harm the acrylic surface
24. All of the above
25. Salon owners are not liable for any statements made by their employees.
26. True b. false
27. Both UVA and UVB, whether tanning indoors or outdoors, can cause irreversible damage if the eyes are not protected by FDA compliant eyewear.
28. True b. false
29. The term “minimal erythemal does” (MED) refers to:
30. How much heat can be emitted by an indoor tanning lamp
31. The darkest color a person can achieve given his/her skin type
32. The UV radiation does that causes a first indication of erythema (skin reddening), on unexposed skin, that is visible 7-24 hours after exposure
33. When determining the “minimal erythemal dose” (MED) the FDA regulations require the manufacturer to take readings for the MED at
34. 48 hours
35. 24 hours
36. 12 hours
37. The appropriate length of an indoor tanning session is always determined by
38. FDA regulations
39. What your competitor allows on the same equipment
40. What your customer wants
41. The equipment manufacturer’s recommendations printed on the unit’s label and/or as stated by the manufacturer in the unit’s operating/user manual
42. If an FDA official wishes to inspect your indoor tanning salon, you
43. Should ask for a search warrant
44. Should no permit inspection if you are not ready
45. Should cooperate and answer all questions to the best of your ability
46. Should ask them to return after you have consulted with your attorney
47. White spots on the skin which appear noticeable after tanning may be
48. Caused by hereditary uneven pigmentation
49. Caused by pressure points
50. Caused by a common fungus which absorbs UV radiation
51. Caused by all of the above
52. Skin damage which occurs in the lower connective tissue of the skin
53. Can never be repaired by the skin’s built in repair system
54. Is a result of overexposure to UVB
55. Will disappear in time if further UV exposure is avoided
56. The portion of the UV spectrum which stimulates the production of new melanin most efficiently is
57. UVA c. UVC
58. UVB d. UVC & UVA
59. The portion of the UV spectrum which serves to darken pigmentation most efficiently is:
60. UVA b. UVB c. UVC
61. Which of the following is NOT a type of indoor tanning lamp?
62. Fluorescent b. quartz c. laser
63. The reason darker skinned people are darker skinned is because they have more melanocytes.
64. True b. false
65. FDA regulations prohibit pregnant individuals from tanning in indoor tanning units.
66. True b. False
67. Constitutive melanin pigmentation is coloring induced by genetic factors, and not influenced by exposure to UVB rays.
68. True b. false
69. Facultative melanin pigmentation is influenced most by exposure to UVB rays.
70. True b. false
71. Melanin is formed by:
72. Melanocytes b. carotene c. keratin
73. UVA can penetrate the epidermis, dermis and the subcutaneous tissue of the skin
74. True b. false
75. Photosensitive reactions may occur in your customers if
76. They are taking diuretics
77. They use strong-deodorant soaps
78. They have recently eaten citrus fruits
79. All of the above
80. None of the above
81. Which of the following statements is true for all indoor tanning units?
82. The maximum recommended exposure time must not exceed a value which will result in exposure of 3MED’s for untanned type II skin.
83. The maximum recommended exposure time must not exceed a value which will result in exposure of 4MEDs for untanned type II skin.
84. The maximum recommended exposure time must not exceed a value which will result in exposure of 4MEDs for untanned type IV skin.
85. If the indoor tanning equipment is altered the equipment may no longer be in compliance with FDA and the owner may be liable if injury occurs
86. True b. false
87. Which of the following is/are form(s) of skin cancer?
88. Melanoma b. basal cell carcinoma c. squamous cell carcinoma d. all of the above
89. Replacement UV lamps, not originally specified by the manufacturer may be installed in indoor tanning equipment if
90. The replacement lamps perform as well as the original ones
91. The lamp manufacturer provides written documentation that the lamp does not significantly alter the equipment’s original exposure schedule and that the replacement lamp is registered with the FDA as a substantially equivalent lamp to the original lamp.
92. A & b
93. None of the above
94. Melanogenesis is defined as the formation of melanin
95. True b. false
96. CFR Part 1040.20©(4) regulation requires the manufacturer to
97. Ensure the timer interval does not have an error ratio + or – 10%
98. Provide protective eye wear that is FDA compliant
99. Provide each tanning unit with a manual control to enable the user to terminate radiation emission at any time during their session.
100. All of the above
101. The most dangerous and potentially fatal form of skin cancer is
102. Melanoma
103. Basal cell carcinoma
104. Squamous cell carcinoma
105. The amino acid that must be present for the maximum tanning efficiency is:
106. Collagen b. tyrosine c. aloe
107. Once an individual has a base tan, the FDA recommends that continuing sessions should occur no more often than specifically stated by the manufacturer on the warning label attached to the indoor tanning unit
108. True b. false
109. The equipment owner is responsible for replacing illegible exposure schedule labels
110. True b. false
111. The people with the same skin type may tan the same number of times different results. The varying results may be influenced by:
112. The amount of constitutive melanin already in the skin
113. The ability of the melanocytes to respond to UV
114. The use of topical moisturizers and accelerators
115. All of the above
116. None of the above
117. The layers of the epidermis are
118. Horny/granular/prickle cell/ basal cell
119. Hypodermis/germ
120. Horny/hypodermicular
121. FDA CFR Part 1040.20(e)(2) require that packages containing replacement lamps include
122. Warning label which contains the printed warning per 1020.20 (d-1-i)
123. Printed warning that the instructions accompanying the sun lamp product be followed to avoid or minimize potential risk
124. A clear identification by brand and model of all lamp models for which the replacement lamps are promoted
125. All of the above
126. The FDA has set the following timer requirements
127. All sun lamp products shall have timers that incorporate multiple timer settings adequate for recommended exposure times
128. The maximum timer interval may not exceed the manufacturers recommended exposure time that is indicated on the unit
129. No timer may have an error + or – 10% of the maximum timer interval of the product
130. The timer may not automatically reset
131. All of the above
132. Which statement(s) is/are characteristic of a skin type I client
133. Always burns easily and severely
134. Unradiated skin of this type contains no pigment
135. Tans little or none and peels
136. Should not tan in your salon
137. All of the above
138. Individuals can have different amounts of melanin in their lips
139. True b. false
140. The appropriate time to change the acrylic on indoor tanning equipment depends on the manufacturer’s specification and/or when your UV meter shows a significant decrease in the amount of UV translucence
141. True b. false
142. The characteristics of a skin type II are
143. Usually burns easily, also peels
144. Tans minimally or lightly
145. May have red or blonde hair
146. May have hazel or brown eyes
147. All of the above
148. PUVA treatments are usually given to patients suffering from
149. Psoriasis
150. Xoderma Tannintosa
151. Vitilligo
152. The UV light spectrum range for UVA is
153. 320nm-400nm b. 280nm-320nm c. 200nm-280nm
154. Inoperable lamps in an indoor tanning unit could be a result of
155. Lamps that are not properly seated
156. Worn out lamp starters
157. Oxidation in the lamp holders
158. An inoperable ballast
159. All of the above
160. Overexposure of UVB, without protective eye wear, could damage the cornea.
161. True b. false
162. The skin’s reaction to UV exposure is based on the length and intensity of exposure and individual skin type.
163. True b. false
164. The skin is considered to be
165. The largest organ of the body
166. Is approximately 15% of the total body weight
167. Is made up of two layers
168. All of the above
169. Exposure to UVA, without protective eye wear, could cause irreversible damage to the retina
170. True b. false
171. Melasma is a skin condition that
172. Is evidenced by the darkening of the skin in splotches
173. Occurs frequently during pregnancy
174. Occurs in some women using oral contraceptives
175. All of the above
176. The suggested function of melanin is
177. Photo protection
178. Thermoregulation
179. Regulation of vitamin D protection
180. All of the above
181. Basal cell carcinomas are cancers that are almost always caused by overexposure to UV light.
182. True b. false
183. Which statement is characteristic of skin type II client?
184. Burns moderately
185. Tans easily and well
186. Unexposed skin is brown
187. People with many freckles
188. None of the above
189. The subcutaneous tissue layer of the skin lies under the dermis and consists of connective tissues that bind the skin to underlying organs
190. True b. false
191. The functions of the skin are: waterproof the body, prevent bacteria and chemicals from entering the body, and regulates the body temperature.
192. True b. false
193. The statement(s) that accurately describe acanthosis is/are
194. Severe thickening of the horny layer
195. Gives skin a dull leathery look
196. Is the result of prolonged tanning and exposure
197. All of the above
198. The FDA establishes the guidelines for the manufacturers of indoor tanning units.
199. True b. false
200. Factors that could be a cause of melanoma
201. The quantity and types of moles c. heredity
202. Overexposure to the sun d. all of the above
203. Melanomas
204. Are fast growing malignant tumors of the skin
205. Can metastasize and travel to any organ or part of the body
206. Require immediate and mandatory surgical removal
207. All of the above
208. Some foods, such as oranges and lemons grapefruits, can cause photosensitive reactions in some tanning customers.
209. True b. false
210. All exposure schedules on indoor tanning units require 48 hours between initial 6 sessions.
211. True b. false
212. The federal trade commission regulates salon advertising practices.
213. True b. false
214. The UV light spectrum range for UVC is:
215. 320nm-400nm b. 280nm-320nm c. 200nm-280nm
216. The function of the ballast in indoor tanning units is
217. Provide a controlled surge of high voltage to the lamp
218. Transform line voltage to the proper open circuit voltage necessary for the lamp to opporate
219. Provide specific amount of electrical energy to preheat lamp electrodes
220. Control lamp current by reducing open circuit voltage to safe operating voltage with the limits set by the manufacturer.
221. All of the above
222. None of the above
223. Which of these over-the-counter drugs could cause photosensitive reaction?
224. Benadryl
225. Actifed
226. Caritin
227. All of the above
228. None of the above
229. Which of the following is a characteristic of skin type V?
230. Rarely burns
231. Tans about average
232. Unexposed skin is black
233. Red or blonde hair
234. UVB can penetrate the dermis, epidermis and the subcutaneous layer of the skin.
235. True b. false
236. The UV light spectrum range for UVB is
237. 320nm-400nm b. 280nm-320nm c. 200nm-280nm
238. Photoallergy is an immunological reaction produced by the interaction of light rays and certain chemicals.
239. True b. false
240. If your indoor tanning equipment consistently overheats,
241. You should change the acrylic shield
242. Make sure your filters and fans are clean and working properly
243. Leave the doors to the room open while customers are tanning
244. Tanning, indoors or outdoors, is never recommended for
245. Skin type I
246. Skin type II
247. Skin type III
248. Skin type IV
249. All of the above
250. The requirements for FDA compliant protective eye wear are
251. Eye wear must allow for vision and reading of the required label
252. At least 99.9% of all UVB must be blocked
253. At least 99% of all UVA must be blocked
254. All of the above
255. None of the above
256. The main advantage of tanning in an indoor tanning unit rather than outdoors is that
257. The UV exposure does is precisely controlled
258. The individual can tan when it rains and at night
259. The risk of overexposure to UV is minimized when the exposure schedule is followed
260. All of the above
261. None of the above