**Section 795.APPENDIX B Determination of Skin Types**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| A. | Determination based on your  hereditary disposition | | | | | | 0 | 1 | | 2 | 3 | | 4 | Your Points Per Question |
|  | | |  | | | |  |  | |  |  | |  |  |
| 1. | | | What is the color of your eyes? | | | | Light blue  gray or green | Blue, gray or green | | Blue | Dark brown | | Brownish black |  |
|  | | |  | | | |  |  | |  |  | |  |  |
| 2. | | | What is the color of your hair? | | | | Sandy red | Blond | | Chestnut/dark blond | Dark brown | | Black |  |
|  | | |  | | | |  |  | |  |  | |  |  |
| 3. | | | What is the color of your unradiated skin? | | | | Reddish | Very Pale | | Pale with beige tint | Light brown | | Dark brown |  |
|  | | |  | | | |  |  | |  |  | |  |  |
| 4. | | | Are there freckles on your  unradiated skin? | | | | Many | Several | | Few | Incidental | | None |  |
|  | | |  | | | |  |  | |  |  | |  |  |
| B. | Determination based on your own  experience with sunbathing (to the unexposed skin). | | | | | | 0 | 1 | | 2 | 3 | | 4 |  |
|  | | |  | | | |  |  | |  |  | |  |  |
| 1. | | | What happens when you stay long in the sun? | | | | Painful redness, peeling, blistering | Burns regularly with peeling | | Burns sometimes with peeling | Burns rarely | | Never burns |  |
|  | | | | | | |  |  | |  |  | |  |  |
| 2. | | | To what degree do you turn  brown? | | | | Hardly or not at all brown | Tans a little, a light color | | Tan reasonably | Tans very easily | | Quickly turns dark brown |  |
|  | | | | | | |  |  | |  |  | |  |  |
| 3. | | | Do you turn gray-brown directly after (within several hours) sunbathing | | | | Never | Hardly | | Sometimes | Often | | Always |  |
|  | | | | | | |  |  | |  |  | |  |  |
| 4. | | | How does your face react to the sun? | | | | Very sensitive | Sensitive | | Normal | Very resistant | | Never a problem |  |
|  | | | | | | |  |  | |  |  | |  |  |
| C. | Your tanning habits | | | | | | 0 | 1 | | 2 | 3 | | 4 |  |
|  | | | | | | |  |  | |  |  | |  |  |
| 1. | | | When sunbathing, do you try to tan your whole body? | | | | Never | Hardly ever | | Sometimes | Often | | Always |  |
|  | | | | | | |  |  | |  |  | |  |  |
| 2. | | | When did you last sunbathe (even under a sunlamp)? | | | | More than 3 months ago | 2-3 months ago | | 1-2 months ago | Less than a month ago | | Less than 16 days ago |  |
| TOTAL | |  |
|  | | | | |  |  | | |
| Total Score | | | | | Skin Sensitivity | Skin behavior estimate (possibly exposed) | | |
|  | | | | |  |  | | |
| 0 | | − | | 7 | Very sensitive | I | | |
| 8 | | − | | 16 | Sensitive | II | | |
| 17 | | − | | 25 | Normal | III | | |
|  | | > | | 25 | Very resistant | IV | | |