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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| A. | Determination based on yourhereditary disposition | 0 | 1 | 2 | 3 | 4 | Your Points Per Question |
|  |  |  |  |  |  |  |  |
| 1. | What is the color of your eyes? | Light bluegray 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 yourunradiated skin? | Many | Several | Few | Incidental | None |  |
|  |  |  |  |  |  |  |  |
| B. | Determination based on your ownexperience 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 turnbrown? | 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 |