

Chapter HFS 161

APPENDIX A

SUN-REACTIVE SKIN TYPES USED IN CLINICAL PRACTICE

Skin Type	Skin Reactions to Solar Radiation*	Examples
I	Always burns easily and severely (pain); tans little or none and peels	People most often with fair skin, blue eyes, freckles; unexposed skin is white**
II	Usually burns easily and severely (painful burn); tans minimally or lightly, also peels.	People most often with fair skin, red or blond hair, blue, hazel or even brown eyes; unexposed skin is white**
III	Burns moderately and tans about average	Normal average Caucasoid; unexposed skin is white
IV	Burns minimally, tans easily and above average with each exposure; exhibits IPD (immediate pigment darkening) reaction	People with white or light brown skin, dark brown hair, e.g., Mediterraneans, Orientals, Hispanics; unexposed skin is white or light brown
V	Rarely burns, tans easily and substantially; always exhibits IPD reaction	Brown-skinned persons, e.g., Amerindians, East Indians, Hispanics; unexposed skin is brown
VI	Never burns and tans profusely; exhibits IPD reaction	Blacks, African and American Blacks, Australian and South Indian Aborigines; unexposed skin is black

* Based on the first 45-60 minutes (equals 2-3 minimum erythema dose) exposure of the summer sun (early June) at sea level

** They may be of Celtic background (Irish or Scottish); others may even have dark hair or brown eyes