



2026 International Advisory Committee (IAC) Meeting on Non-Ionizing Radiation

Optical radiation – Report on activities in Sweden

- **Research activities related to optical radiation and health**

Ultraviolet radiation

The Swedish Radiation Safety Authority's scientific council on UV and health provides expert advice on the biological effects of UV radiation. The work of the council ensures that the Authority's public recommendations are based on scientific evidence. The council's experts in dermatology, epidemiology, meteorology and marketing communication publishes a report summarizing recent research every year. A permanent feature in the annual report is a summary of the incidence of the three main forms of UV-related skin cancer. This year's report also highlights hybrid sunbeds, combining UVR with visible light, risk of overexposure in outdoor sports and social media and the risk of misinformation concerning UV-exposure.

Since 2005, public attitudes towards the sun exposure and tanning behaviour have been assessed annually through a survey. Over the past decade, the general trend has shown increased sun protection and a decline in risky sun-related behaviours. The most recent survey included questions related to tanning behaviour and use of UV-index, and the number of people who do is increasing. The most common motive for using it is to avoid strong UVR, but in the youngest group (18-29), one in four that they use it to get a tan faster.

Cosmetic treatments

The Swedish Radiation Safety Authority (SSM) has initiated an external and relatively comprehensive study using AI-tools, aimed at mapping the segment of the national cosmetic industry that uses non-ionising radiation in its treatments. In the initial phase, the primary purpose is to obtain data on the number of businesses operating within this segment, as well as statistics regarding the most common types of treatments and radiation sources used. The study is designed in such a way that it can be repeated at regular intervals in order to monitor developments over time and identify emerging trends within the industry.

- **New relevant policies and legislations**

Tanning beds

The revised Swedish regulation on artificial tanning devices, previously described, came into force on September 15, 2025. The update that includes general alignment with other relevant regulations and standards, as well as new specific rules concerning the operation and provision of sunbeds, has been received well by the municipal



offices supervising the operators. A probable update is pending due to amendments in the European standard for tanning beds.

Cosmetic treatments

Since 4 May 2026, there are new regulations governing cosmetic treatments involving non-ionising radiation in Sweden. Under the new regulatory framework, businesses performing such treatments are required to notify the Swedish Radiation Safety Authority of their operations. The remaining requirements mainly constitute a clarification and specification of obligations already set out in the Radiation Protection Act. Among other things, businesses are expressly required to use safe devices intended for the specific treatment concerned, maintain written treatment protocols, provide customers with written pre-treatment information, and document and retain records of treatments performed. There is also an obligation to report injuries and abnormal incidents to SSM. Overall, the new regulatory framework has been well received by the industry.

- **New communication activities**

Skin cancer prevention

The current government initiative on skin cancer prevention was launched in 2024. The Swedish Radiation Safety Authority is responsible for coordinating the efforts of relevant national and regional authorities and organizations. A key objective of the initiative is to influence UV exposure habits by providing targeted information and advice. One of the main activities in 2025 has been to broaden the communication strategy developed in 2024 to include other groups in the public.

Cosmetic treatments

SSM has continued its efforts to communicate the new regulatory framework through participation in beauty trade fairs as well as lectures and presentations for trade associations and suppliers. Shortly after the regulations entered into force, SSM also organized a seminar on the practical implications of the new rules. The seminar was digitally accessible and turned out to be one of the most well-attended seminars ever organized by the Swedish Radiation Safety Authority, reflecting the considerable level of interest in this area.

In order to also reach the general public with information about the new regulations, a targeted three-week information campaign was launched on social media platforms. The target audience consisted of women aged 18–55 with an interest in the field. If the public becomes more aware of the new regulatory framework and increasingly chooses to seek treatment from businesses that are registered with SSM, this will strengthen the incentives for them to register and comply with the regulations. In the long term, the new regulations are expected to contribute to stronger radiation protection and safer treatments.