2 Dealing with specific hazards

Fact Sheet | A brief guide to controlling risks in th

2.1 What is risk management?

Health & Safety at Work can generally be managed by following a problem-solving strategy known as risk management.

Although you are probably already carrying out the steps of risk management without realising it, following this guide will make it more effective for you.

The four steps of risk management are:

STEP 1 Identify hazards
STEP 2 Assess risks
STEP 3 Control risk
STEP 4 Review control measures

Control Measures (from most to least effective)

1 **Eliminate** - Where possible remove the hazard and the risk of exposure to the hazard, e.g. remove dangerous equipment or stop an unsafe work practice.

2 **Substitute** - Reduce a risk by substituting a less hazardous process, substance or item of plant for the one currently used.

3 **Isolate** - Prevent or minimise the risk by isolating the worker from the hazard, or the hazard from the worker.

4 **Engineering Controls** - An engineering control is a control measure that is physical in nature, including a mechanical device or process. For example, the use of a trolley to move boxes of product.

5 **Administrative Controls** - Administrative controls are work methods or procedures that are designed to minimise exposure to hazards. e.g job rotation or using signs to warn people of a hazard

6 **Personal Protective Equipment** - Personal Protective Equipment (PPE) is the least effective way to manage a hazard and should only be used in conjunction with one or more other control methods. Examples of PPE include effective face masks, gloves, aprons and protective eye wear.

2.2 Salon hazards

The workplace must be assessed continuously by the employer for any dangerous plant, equipment or substances that may cause injury or harm to a person in the workplace. Workers employed in the workplace should also have an awareness of hazards to be able to report any possible dangerous situations. The following are a few of the hazards you may come across in your salon:

Fixtures and fittings forming the salon structure need to be laid out to create easy accessibility for operators. Fixtures and fittings must also be soundly structured and fitted within the salon and maintained in good repair.

Workstations are busy areas, and require enough movement space for the client and the operator to access and use equipment. Congestion can cause accidents. Power points at workstations should be at bench level to prevent equipment cords creating a tripping hazard.

Chairs purchased for a salon work area, should be height adjustable to enable the operators to work on clients at a suitable level, preventing possible neck, arm and shoulder complaints.

Stools may be used by operators when performing some nail services. This will relieve stress on the legs and body joints.

Floor surfaces in a salon are used constantly by clients and operators and subjected to spillages of water and chemicals as well as beauty products. It is important that beauty products and any spillages are removed quickly to prevent any person slipping over

Lighting must be sufficient in the salon area for operators to work efficiently and safely. Poor lighting may also cause eye strain and confuse the operator in colour choice selection for clients.

Trolleys are used constantly by operators and therefore must be of a suitable height, moveable, and stable so as not to tip over causing injury to any person. Keep the wheels of trolleys free of hair to prevent them from tipping over.

Tools of Trade consideration must be given to ease of manipulation of our tools of trade. Continuous use of these tools requires that the size and weight of tools must be considered to avoid stress on fingers, wrists, arms, shoulders etc. The aim is to reduce any possible stress on the body by correct choice of equipment. Training in the use of sharp equipment (scissors and razors) is essential for operator and client safety. Special bins should be allocated for the disposal of sharp blades and razors.

Electrical equipment must be checked and maintained in good repair to avoid risk of injury. Electrical equipment must also be kept away from water. Operators must have dry hands when using any type of electrical equipment. Do not leave electrical cords dangling in busy works areas creating a hazard.

Clean air is a requirement for workplace health and safety. Vapours and chemical dusts may be a health risk. Adequate extraction for both harmful dusts and vapour is necessary at the site of production and good ventilation should be provided within the salon.

Beauty Beds – There are a variety of models and styles available in the Beauty clinics and Wellness centres across the industry. Information contained below are guidelines to ensure safe usage of beds to perform the variety of services and treatments.

Portable and fixed beds -

> Read manufactures instruction manual.
> Portable tables should only be used by trained personnel.
> Maintain the table periodically. Make sure all screws are secure and the cable has not deteriorated or frayed.
> Check that there are no cracks in the structure.
> Do not overload the table beyond the recommended weight limit. This could result in serious injury to the user. Please refer to Portable Massage table guide for Table weight limits. Limits are approximately 230 kilos of combined maximum working weight.
> Ensure that legs are adjusted to the operators working height and the locking button on each leg is protruding fully from the hole.
> Test the table stability by applying pressure with both hands before allowing the client on the table.
> Position client in the centre of the table to distribute the weight evenly and ensure stability.
> Make sure when using the table that all four legs are on a solid surface and at the same level.
> Ensure to test the backrest is appropriately locked into place by applying weight after all adjustments.
> Cleaning the vinyl must be done with warm soapy water and wiped dry, noting alcohol based products could damage the vinyl.
> When folding portable tables ensure all limbs are clear of table area.
> Ensure handles are flipped back whilst folding or they may become damaged.
> When transporting portable tables ensure the appropriate heavy duty transit cover is used to protect the vinyl from damage.

Electric treatment tables –

> Electrical testing and servicing of tables recommended annually.
> Read manufacturers manual for usage recommendations and instructions.
> Incorrect care and usage of electric tables may cause injury and/or reduce the life of the table

> Careful unpacking and installation of electric tables is essential and you should always refer to the manufacturers manual for installation and usage instructions.
> Ensure the power cord is clear from any moving parts and your feet are clear of the power cord when you adjust the height of the table.
> Power outlet recommended in UK is 240VAC @ 50Hz or 110VAC @ 60 Hz
> Ensure the footswitch cord is connected onto the brass tube on the actuator to adjust height of table.
> Check all adjustments of the table are in good working order e.g. head, back and leg.
> Do not make adjustments to the table without making sure the client is clear of all moving parts.
> Care must be taken to ensure the power cord does not get damaged by components of the table.
> Tables must be cleaned after each use with a mild non-abrasive soap and water, rinsed and dried thoroughly. Use of cleaners containing hydrocarbons or similar additives may damage the vinyl.
> Following hygiene and cleaning procedures eliminates risk of contamination from one client to another, and also is a damage prevention mechanism as perspiration and oil can cause hardening of the vinyl.

RISK CONTROL MEASURES

> Moving parts of appliances should be positioned or enclosed to prevent access by any person, or any part of a person, so as to prevent injury. Where guards or enclosures are provided, they should have adequate mechanical strength and only be detachable using a special tool.
> Access to the table or bed should be restricted to the operator and client only. This might be achieved through the placement of physical barriers or by ensuring that only operators and clients have access to treatment areas.
> Under no circumstance should a child be present in a room in which electrically adjustable treatment tables or beds exist except:
    - as a client on the appliance
    - as an age appropriate child who can be safely accommodated in a playpen
> For the operator, visibility beyond and below the table top in most cases is restricted.
> During table height adjustment, the operator must check below the table-top and ensure that children (other than those being treated at the time), are not in the vicinity of the table (or bed).
> Any operating controls should be positioned so the opportunity for unintentional activation is avoided.
> Employers who operate these appliances must ensure adequate training is given to operators and workers on how the appliance works, load limits, and

all designer or manufacturer built-in safety features. This includes power source isolation, thermal overload protection and reset procedures.

> Massage table manufacturers and suppliers, employers and workers and owners who operate these appliances must assess these hazards and implement appropriate control measures to eliminate or minimise the risks from these hazards

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Fact Sheet | Plan, Do, Check, Act.pdf

2.3 Hazardous Chemicals

Fact Sheet | Health and safety regulation...short guide

2.3.1 What are hazardous chemicals?

Workers in the Beauty industry may be exposed to a wide range of products containing Hazardous Chemicals, including:

> bleaches/powder lighteners
> brow and lash tints
> chemical peels
> disinfectants and cleaning products
> hair colouring products
> nail products/acrylic and gel powders
> skin care products
> permanent wave solutions
> peroxides
> smoothing systems
> straightening systems
> wax solvents

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Exposure to some of these chemicals can increase the risk of various health problems. Some examples are explained in the following table.

Health Effects from Exposure to Hazardous Chemicals

Dermatitis (inflammation of the skin)	There are two types of dermatitis. Irritant contact dermatitis results from contact with irritant substances, such as water and detergents in shampoo. Allergic contact dermatitis occurs when a person develops an allergic response to a chemical.
Asthma (a respiratory disease, which narrows the air passages and results in breathing difficulties)	Chemicals used in the Beauty industry may aggravate pre-existing asthma or cause occupational asthma.
Cancer	Workers in the Beauty industry may be exposed to chemicals that are suspected of causing cancer. There is limited and inconsistent data to support this. So the precautionary approach is to limit exposure.

Hazardous chemicals can enter the body through the skin, by inhalation or by swallowing. Acute health effects, such as eye and throat irritation may occur almost

immediately. Chronic health effects, such as allergic contact dermatitis, take some time to develop.

The likelihood of a hazardous chemical causing health effects depends on a number of factors, including:

- the toxicity of the substance
- the amount of chemical that workers are exposed to
- the length of exposure
- the frequency of exposure
- the route of entry into the body, e.g. skin absorption, inhalation or ingestion.

You can determine whether a product is a hazardous chemical by reading its label and safety data sheet (SDS). If you are unsure contact your supplier.

Every salon is required to supply staff with easy access to the safety data sheets.

Classification Labelling and Packaging Regulation (CLP)

Fact Sheet | CLP - Chemical labels are changing.p

Fact Sheet | Chemical Labels Guide.pdf

In order to identify if a substance is potentially harmful, you must start by looking at the product labelling and packaging. The manufacturer has a duty to label and package the product in accordance with the Classification Labelling and

Packaging Regulation, the intention of which is to include instantly recognisable pictograms which indicate the hazardous nature of a product. This is a globally harmonised recognition scheme and therefore the same system will be used throughout the world. From June 2015, all products must be labelled in accordance with the regulation.

The rules they have to follow when classifying a product include a set of hazard pictograms to be used:

Fact Sheet | Hazardous Symbols.pdf

It is essential that you recognise and learn these pictograms and their meanings and that your staff are made aware of them. Where a product is labelled in accordance with the CLP Regulation, it is your duty to undertake a COSHH assessment.

Are your controls adequate?

There are various ways of deciding. Probably the simplest way is to use this chart from the COSHH Regulations.

Every person in the workplace is responsible for assessing the risk associated with hazardous chemicals to themselves and for others. An employer is required to ensure that appropriate controls are in place to prevent and manage those risks.

Employers are required to do regular and/or new risk assessments when information on work practices or control measures are changed or introduced and to keep a record about the risk assessment.

If a risk assessment shows that exposure to a hazardous chemical has taken place then the responsible person should prevent further exposures or reduce it as much as possible.

Where there is airborne exposure, the responsible person must ensure that the level of exposure is not above the workplace exposure standard.

Carry out an assessment

To do this you need to consider:

- the hazards of substances or their ingredients – read the labels and safety data sheets. If in doubt contact your supplier. Remember that some hazardous substances can be produced by the process you use, eg wood dust from sanding;
- the route into the body (breathed in, swallowed or taken in through the skin) and the result of exposure by each of these routes;
- the concentration or conditions likely to cause ill health;

- the first symptoms of over-exposure and whether exposure could result in ill-health effects, eg asthma or dermatitis;
- who could be exposed. Don't forget maintenance workers, contractors and members of the public;
- if people could be exposed accidentally, eg while cleaning, through spillage or if your controls fail;
- how often people work with, or are exposed to, the substance;
- how much people work with and for how long.

Fact Sheet | Sample Risk Assessment.pdf

Record and review

Except in very simple cases, you should keep a record of what you have found out about the risks to health and the appropriate control measures and when they will be implemented and by whom. Write down:

- where exposures occur;
- what the control measures are;
- how you will maintain control.

Keep an eye on things. Changes in equipment, materials or methods may require you to review your earlier decisions. In any case each year review the risks and control measures

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Fact Sheet | EXAMPLE SAFETY DATA SHEET.pdf

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Ventilation

Work involving Hazardous Chemicals, such as chemical restructuring, hair colouring, application of artificial nails or spray tanning should occur in a well-ventilated area.

- Natural ventilation generally does not provide sufficient airflow to be suitable for use as a method for controlling exposure to airborne contaminants, such as chemical vapours, mists and dusts in hairdressing, nail and beauty salons.
- Air-conditioning dilutes the contaminated air rather than removing it, and circulates airborne contaminants around the room. Unless there is uniform airflow, it is likely that pockets of air will remain contaminated for long periods.
- Local exhaust ventilation is a more reliable means for removing airborne contaminants at the source, before they can be breathed in. Care must be taken to ensure the system draws contaminated air away from, rather than past a person's nose and mouth

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As well as following the principles of good practice for the control of exposure to substances hazardous to health, you need to be aware that, for many substances, limits have been set on the amounts of substances that workers are permitted to breathe.

These limits are known as workplace exposure limits (WELs). They are listed in HSE's booklet EH40 Workplace exposure limits. If the substance is known to cause cancer or asthma (check the label/safety data sheet), you must control exposure to as low a level as reasonably practicable.

Fact Sheet | Workplace exposure limits.pdf

BEAUTY THERAPY SPECIFIC CONTROL MEASURES

Beauty therapists, beauticians and nail technicians use a variety of products that contain Hazardous Chemicals. For example nail polish remover (non acetone and acetone); acetate; formaldehyde (nail strengthener); wax solvents.

Ensure workers wear gloves and safety goggles or glasses over contact lenses or replace contact lenses with prescriptive safety glasses with side protection when mixing or using the following:

- Peroxides (mixed with eyelash and eyebrow tints)
- Wax solvents
- Methylated spirits
- Turpentine
- Essential oils

Refer to the Safety Data Sheets for further information on these products.

In most cases, the concentration of Hazardous Chemicals in these products does not classify the product as hazardous for regulatory purposes. Workers with pre-existing skin conditions may need to take particular care when using these products.

NAIL INDUSTRY SPECIFIC CONTROL MEASURES

EMA & MMA

Both ethyl methacrylate (EMA) and methyl methacrylate (MMA) have been used as an ingredient in artificial nail products. These chemicals can exist as a monomer (nail liquid) or polymer (nail powder).

MMA monomer (nail liquid) is considered too dangerous for use in the beauty industry as it causes too many adverse health effects. MMA is also known as:

- Methyl methacylate monomer
- Methacrylic acid, methyl ester
- 2-methylacrylic acid methyl ester
- Methyl2-methyl-2-propenoate
- 2-methyl-2-propenoic acid methyl ester
- 2-(methoxycarbonyl)-1-propene
- Methyl alpha-methacrylate
- Methylpropylene-2-carboxylate
- Acrylic acid, 2-methyl-, methyl ester

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Short term exposure risks include but are not limited to: -

- Allergic response on contact
- Permanent damage/loss of the nail plate
- Loss of sensation in the fingertips
- Skin sensitisation
- Nerve damage
- Drowsiness, light headedness, dizzy spells
- Trembling of the hands
- Loss of smell
- Respiratory irritation
- Dust compaction in the nasal cavity requiring sinus scraping.

In higher concentrations the following adverse health effects can also occur: -

- Liver damage
- Kidney damage
- Nasal lesions
- Decrease in fertility or sterility

It should be noted that uptake of these chemicals is usually by inhalation and skin absorption. All sources eg data sheets, and information suggest these products to be used over vented workstations. Vapour and dust (remembering dust contains **ALL** the products applied to the nail) from these products may be harmful.

Other chemical hazards from products that are used in the nail industry are: -

- **Acetone** (nail polish remover): headaches; dizziness; and irritated eyes, skin, and throat.
- **Acetonitrile** (fingernail glue remover): irritated nose and throat; breathing problems; nausea; vomiting; weakness; and exhaustion.
- **Butyl acetate** (nail polish, nail polish remover): headaches and irritated eyes, skin, nose, mouth, and throat
- **Dibutyl phthalate** (DBP), (nail polish): nausea and irritated eyes, skin, nose, mouth, and throat.

Long-term exposures to high concentrations may cause other serious effects

- **Ethyl acetate** (nail polish, nail polish remover, fingernail glue): irritated eyes, stomach, skin, nose, mouth, and throat; high levels can cause fainting.
- **Ethyl methacrylate** (EMA), (artificial nail liquid): asthma; irritated eyes, skin, nose, and mouth; difficulty concentrating. Exposures while pregnant may affect your child.
- **Formaldehyde** (nail polish, nail hardener): difficulty breathing, including coughing, asthma-like attacks, and wheezing; allergic reactions; irritated eyes, skin, and throat. Formaldehyde may cause cancer.
- **Isopropyl acetate** (nail polish, nail polish remover): sleepiness, and irritated eyes, nose, and **throat.**
- **Methacrylic** acid (nail primer): skin burns and irritated eyes, skin, nose, mouth, and throat. At higher concentrations this chemical can cause difficulty breathing.

- **Methyl methacrylate** (MMA), (artificial nail products, though banned for use in many states): asthma; irritated eyes, skin, nose, and mouth; difficulty concentrating; loss of smell.
- **Quaternary ammonium c**ompounds (disinfectants): irritated skin and nose and may cause asthma.
- **Toluene** (nail polish, fingernail glue): dry or cracked skin; headaches, dizziness, and numbness; irritated eyes, nose, throat, and lungs; damage to liver and kidneys; and harm to unborn children during pregnancy.

Personal Protective Equipment

- Provide gloves, glasses, aprons and respiratory protection as required on the Safety Data Sheets or chosen during your Hazardous Chemicals risk assessment.
- Provide workers with training on the fit, maintenance and use of personal protective equipment.
- Apply barrier cream on exposed skin areas if bothered by skin irritation.
- Cover broken skin with a waterproof dressing.
- Wear eye protection and covered shoes to protect against chemical splashes.

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Fact Sheet | COSHH - Nail bars.pdf

Fact Sheet | Electrolysis, piercing, tattooing & micro pi

DO's & DON'TS

- Do not use products containing liquid methyl methacrylate (MMA) monomer.
- Work over a tested vented workstation to ensure the maximum of vapour and dust removal.
- Use a metal, foot pedalled flip top bin and empty regularly.
- Use dispenser bottles with small openings (only large enough for an application brush to enter) and pressure sensitive stoppers to reduce the amount of release of vapours.
- Know that Low/No odour products do not mean Low/No Vapour. Vapours of these products can in actual fact contain more harmful fumes than their full odour counterparts.
- Close product containers immediately after use.
- Clean up any product spills quickly and efficiently.
- Remove reusable towels from the workstation. Use disposable towel products. Towels on the workstation will collect dust and bacteria and any movement will release these hazards back into the breathing zone.
- Use disposable towels for cleaning brushes etc. & dispose of these into a sealed bin.
- Respirators (P2) are protective against the fine dust that is produced from the filing of artificial nails but are NOT effective against many chemical vapours.
- Remember that personal protective equipment (PPE) is the least effective and the last resort for protection. When using PPE other controls must be in place to control the hazards at their source. Workers given respiratory protection must be trained in its use eg how to fit it properly and maintain it.

For more information on PPE have a look at the below resource.

Fact Sheet | Personal protective equipment at work -

2.4 Electrical Equipment

The Electrical Equipment (Safety) Regulations 2016

The use of electrical equipment can create serious health and safety risks in the Beauty industry, particularly in wet conditions. Damage to equipment increases this risk. Electrical shock can result in electrocution, burns and injuries.

Health & Safety at Work Legislation requires employers to develop a systematic approach to their management of electrical safety. This approach requires them to consult with workers during the identification, assessment and control of risks associated with electrical plant and electrical installations.

In regards to electrical safety in the workplace, Beauty industry workers need to be familiar with the following terms:

> Electrical installation - any accessible electrical wiring, accessory, fitting, consuming device, control or protective gear, or other equipment associated with wiring in or on a workplace.

> Electrical plant - any item which consumes, converts or generates electricity e.g. UV lamp.

> Residual Current Devices (RCDs) - a safety device that disconnects a circuit when it detects an imbalance of the electric current eg due to leakage current. The RCD can be fixed or portable and is also known as a Safety Switch.

Fact Sheet | Electrical safety and you - Simple guide.p

Fact Sheet | Electricity at work Safe working practice

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Electrical safety

Of all common energy sources, electricity has the greatest potential and ability to seriously injure and kill. Electrical safety is all about the control of risks associated with electrical shock and electrical fire in the workplace.

The risk of electrical shock can arise from:

> exposed live parts eg. contacts and conductors
> damaged insulation on the electrical plant, power leads or installation wiring/services
> the presence of water and electricity in the area in which equipment is used e.g. wet hands whilst turning on a power point

The risk of electrical fire can arise from:

> overloaded circuits
> loose connections
> heating equipment
> short circuits
> inappropriate electrical plant being used in hazardous environments

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Electricity Safety at Work

Electricity is a familiar and necessary part of everyday life, but electricity can kill or severely injure people and cause damage to property. The most common causes of accidents in the salon environment include:

- Electrical shock
- Electrical burns
- Electrical fires

All of these may result in death and /or the loss of your business.

There are simple precautions when working with, or near electricity that can be taken to significantly reduce the risk of electrical injury to you and others around you. The Electricity at Work Regulations require that any electrical equipment that has the potential to cause injury is maintained in a safe condition, however, the regulations do not specify what needs to be done, by whom or how frequently.

Maintaining electrical equipment

The law requires electrical equipment to be maintained to prevent danger. The type and frequency of user checks, inspections and testing needed will depend on the equipment, the environment in which it is used and the results of previous checks.

There are 3 steps you can take:

User checks

A relatively brief user check (based upon simple training and perhaps assisted by the use of a brief checklist) can be a very useful part of any electrical maintenance regime.

These should be carried out before most electrical equipment is used, with the equipment disconnected. Employees should look for:

- damage to the lead including fraying, cuts or heavy scuffing, e.g. from floor box covers
- damage to the plug, e.g. to the cover or bent pins
- tape applied to the lead to join leads together
- coloured wires visible where the lead joins the plug (the cable is not being gripped where it enters the plug)
- damage to the outer cover of the equipment itself, including loose parts or screws
- signs of overheating, such as burn marks or staining on the plug, lead or piece of equipment
- equipment that has been used or stored in unsuitable conditions, such as wet or dusty environments or where water spills are possible
- cables trapped under furniture or in floor boxes.

Visual inspection

To carry out a visual inspection you don't need to be an electrician, but you do need to know what to look for and you must also have sufficient knowledge to avoid danger to yourself and others. Simple training can equip you (or a member of staff) with some basic electrical knowledge to enable you to carry out a visual inspection competently.

As part of the visual inspection, you should consider whether:

> the electrical equipment is being used in accordance with the manufacturer's instructions

> the equipment is suitable for the job

> there has been any change of circumstances

> the user has reported any issues.

For equipment/cables fitted with moulded plugs only the fuse can be checked.

The visual inspection should include the checks carried out by the user and, where possible, will include removing the plug cover and checking internally that: there are no signs of internal damage, overheating or water damage to the plug; the correct fuse is in use and it's a proper fuse, not a piece of wire, nail etc; the wires including the earth, where fitted, are attached to the correct terminals (see Figure 1); the terminal screws are tight; the cord grip is holding the outer part (sheath) of the cable tightly; and no bare wire is visible other than at the terminals

> Switch off and unplug the equipment before you start any checks.

> Check that the plug is correctly wired (but only if you are competent to do so).

> Ensure the fuse is correctly rated by checking the equipment rating plate or instruction book.

> Check that the plug is not damaged and that the cable is properly secured with no internal wires visible.

> Check the electrical cable is not damaged and has not been repaired with insulating tape or an unsuitable connector. Damaged cable should be replaced with a new cable by a competent person.

> Check that the outer cover of the equipment is not damaged in a way that will give rise to electrical or mechanical hazards.

> Check for burn marks or staining that suggests the equipment is overheating.

> Position any trailing wires so that they are not a trip hazard and are less likely to get damage

If you are concerned about the safety of the equipment you should stop it from being used and ask a competent person to undertake a more thorough check.

Residual Current Devices (RCDs)

RCDs are required in workplaces where plugged-in electrical equipment is used ie. the supply of electricity is through the wall socket outlet.

The need for an RCD is particularly important in the Beauty industry as the everyday work practices exposes the equipment to operating conditions that are likely to result in damage to the equipment or a reduction in its expected life span.

For example it is common for a salons electrical equipment to be exposed to moisture, heat, vibration, mechanical damage (from knocks and dropping), corrosive chemicals or be moved frequently.

RCDs can either be Non-portable (or 'fixed') or portable as explained below:

> Switchboard - Non-portable (or 'fixed') RCD
  - Installed at either the switchboard or a fixed socket outlet. Non-portable RCDs installed at the main switchboard protect the wiring connected to the RCD and electrical equipment plugged into the protected circuit.

> Fixed Socket - Non-portable (or 'fixed') RCD
  - Part of the fixed socket outlet, they provide protection to electrical equipment plugged into the outlet. It is common to see a combination RCD/Circuit

> Non-portable RCDs must be regularly tested.

> Portable RCD
  - Generally plugged into a socket outlet and, depending on design, may protect one or more items of electrical equipment. Portable RCDs can only be used to minimise risk when the electrical installation is not a new installation or a new and modified circuit in an existing installation, in these cases a fixed RCD should be installed.

> Testing and maintenance of RCDs and portable RCDs that are moved from place-to-place, need to be push button tested immediately after connection and each day prior to use.

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Portable Appliance test (PAT)

Portable appliance testing (PAT) is the term used to describe the examination of electrical appliances and equipment to ensure they are safe to use. Most electrical safety defects can be found by visual examination but some types of defect can only be found by testing. A portable appliance test does not need to be carried out by an electrician, but greater knowledge and experience is needed than for inspection alone, and the person performing the test must have the right equipment for the task. They should know how to use the test equipment and how to interpret the results.

It is important to continue to carry out user checks on electrical equipment that has been tested. This is because portable appliance testing can only give an indication of the safety of an appliance at the time of the test and does not imply that the item will be safe for a further period of time. The frequency of inspection and testing depends upon the type of equipment and the environment it is used in. Checks should be carried out often enough to ensure there is little chance the equipment will become unsafe between checks. It is good practice to make a decision on how often each piece of equipment should be checked, write this down, make sure checks are carried out accordingly and write down the results. You should change how often you carry out checks, according to the number and severity of faults found.

Earthed equipment and double insulated equipment

When deciding whether to test electrical equipment, you need to consider the type of construction of the equipment in use. There are two basic types of electrical equipment construction – Class I (earthed) and Class II (double insulated).

Earthed equipment

For safety reasons, Class I equipment has an earth connection. If there is a fault within the equipment there is a possibility that the outside of the equipment could cause an electric shock if the earth connection is not there. As a result, it is recommended that Class I equipment has a portable appliance test to ensure the earth connection is sound.

Double insulated equipment Class II equipment is sometimes referred to as ‘double insulated’ equipment. This means that there is extra insulation within the construction of the equipment to prevent accidental contact with live parts, even if there is a fault.

Class II equipment does not need an earth connection to maintain safety. It will not need a portable appliance test, although you should ensure that user checks and visual inspections are carried out as the integrity of the equipment casing is a key safety feature. Class II equipment is marked with a square symbol - . If you cannot see this

symbol, you should assume that the item is a Class I appliance and carry out a portable appliance test.

Fact Sheet | PAT Testing.pdf

Responding to a Hazard/Electrical Incident

Turn off the electricity supply to the electrical equipment involved in the incident. This is usually the wall power socket outlet that is closest to the equipment. If not, locate the closest switchboard/distribution board supplying electricity to the salon. A trained/competent person should proceed to safely break the electrical contact between the injured person and the electricity supply. Where practical, remove the equipment power plug from the power socket outlet.

If this is not possible for any reason, use a non-conductive item such as a wooden chair or broom handle break the contact point(s) between the person and the electrical item (source of electrical hazard).

If someone is receiving an electric shock and another person touches this person may also receive the electric shock.

Call 999 for an ambulance. If you do this as soon as possible, help can be on the way while you are assisting the injured person.

Once you have broken the contact between the casualty and the source of the shock commence First Aid as required.

Fact Sheet | Electricity at Work regulations 1989.pdf

2.5 Manual Tasks (Musculoskeletal)

Fact Sheet | Manual handling at work - Brief guide.pd

The hazardous manual tasks performed in the Beauty industry can be physically demanding and are responsible for the majority of musculoskeletal disorders. Disorders can include lower back pain, neck and shoulder pain, tendonitis of the shoulder or wrists, leg discomfort or carpal tunnel syndrome.

What is a hazardous manual task?

A task that requires a person to lift, lower, push, pull, carry or otherwise move, hold or restrain any person, animal or thing involving one or more of the following:

- repetitive or sustained force e.g. massaging
- high or sudden force e.g. fall wet floor
- repetitive movement e.g. massaging
- sustained or awkward posture e.g. applying makeup
- exposure to vibration e.g. holding a blow-dryer or clippers

These five factors are also known as the characteristics of a hazardous manual task.

How do manual task injuries occur?

Injuries from manual tasks result from ongoing wear and tear to the joints, ligaments, tendons, muscles and discs. Although less common, injuries can be caused by a one-off overload situation.

Over a period of time, damage can gradually build up through:

> holding fixed positions for a prolonged time
> performing repetitive movements that are fast and/or involve a lot of muscular effort

If insufficient breaks are taken, muscle fatigue can lead to inflammation and tissue damage. Injury is more likely to occur when this happens repeatedly.

What are the risk factors?

Risk factors are part of the demands of a job that affect the worker and can contribute to injury. These are set out in the table on the next page.

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Risk Factors	Prevention Tips
Working postures Awkward postures require greater muscular effort and lead to greater fatigue, particularly when holding a position for a long time	*To maintain a healthy body avoid the following:* • bending or twisting your back during a task e.g. massaging • having your neck bent forward or twisted, e.g. applying nail polish • keeping your shoulders raised during work • having the upper arms held out to the sides and away from the body e.g. massage
Repetition and duration Continually repeating a movement, particularly with a forceful exertion increases the risk of injury. Long durations of awkward postures or repetitive work are also a risk.	*Ensure you have adequate breaks or job changes when working in high risk areas such as:* • massaging • filing nails • prolonged sitting or standing • prolonged bending or leaning, e.g. electrolysis • applying nail polish
Work area design The work area design and layout may require workers to bend or reach to perform tasks.	*Before commencing work consider the following in your workspace:* • equipment and materials not located close to the worker causing workers to bend, reach or twist • non-adjustable chairs, benches and massage beds • work surfaces too high or too low • poor lighting • hard slippery floors • work surfaces too wide or narrow
Use of tools Poor design and excessive use of hand tools contributes to disorders of the wrist, elbow and shoulder.	*Scenarios to assess and manage include:* • working with heavy tools e.g. wax pots • difficult or awkward hand grips • vibrating tools e.g. electric nail files and drills • incorrect choice of files for an individual's needs
Load handling Supporting a weight while holding arms away from the body increases stress to the back and shoulders.	*Scenarios to assess and manage include:* • working with heavy tools • holding a body part while waxing • carrying heavy boxes of product to storage areas

ERGONOMIC HAZARDS SPECIFIC FOR THE HAIR INDUSTRY

There are a number of ergonomic (body movements) issues that have adverse effects in the hair industry. These are lower back injuries, shoulder and neck pain, carpal tunnel issues, elbow pain and upper back pain. Many of these can be avoided by some simple steps.

> Standing on a hard concrete floor for long periods puts undue stress through your feet, knees, and back.

> Lower body problems run from achy joints to varicose veins

- To counteract this use a rubber anti-fatigue mat to add some needed cushion
- Saddle chair stools are a good way to do this as well. These chairs will decrease stress to your legs and back while still allowing you to move nimbly.

> Most of us favour one leg and bear the majority of the weight through one side.

- This is risky for your body. Using supportive shoes also helps. These should lace up, have non-slip soles, and provide some cushion

> Bending over to shampoo is a typical cause of low back pain.

- Spread your feet apart and bend at the knees while keeping your back straight. Another option is to put one foot forward of the other shoulder width apart and bend at the hips and knees, again keeping the back straight

> When cutting hair be sure to adjust the chair height so you are not bending over.

- Keeping your arms elevated in front of you for long periods creates problems in the neck, arms, and back.

> Your body is not designed to maintain these static postures for long periods. The resulting muscle strain, knots in the muscles, and pinched nerves cause pain, numbness, tingling, and heaviness in the arms

- Keep your elbows close to your sides as much as possible. Stretch your neck, arms, and back between clients. Keeping yourself limber and strong is a necessity. Establish and maintain a regular stretching and strengthening program.

> Be more aware of your body positions

- Use the mirror to watch yourself and see unnecessary neck bending forward or to the sides. Keep your ears over your shoulders. Look with your eyes not your neck.

> Tendonitis of the thumb or forearm muscles is common.

- One way to deal with this is to use proper scissors. Keep the blades sharp to minimize the force needed, while this may seem a small detail consider

the millions of cuts you make! Trying to keep the wrists relatively straight and avoid awkward positions that bend your wrists up or down excessively is the most important consideration. Swivel-thumb scissors allow you to minimize awkward strenuous positioning of the wrist and thumb. Also, become aware of the tension in your forearms. Work with the arms as relaxed as possible.

> Use ergonomic rests that are made from materials that do not harbour dust or bacteria as forearm rests or use rolled foam pads or towels that can be laundered. This removes the issue of coming into contact with hard surfaces and potentially damaging the nerves in the forearm. Use safety glasses or magnifying lenses to reduce your need to bend over the client.

CONTROL MEASURES

> Vary tasks frequently to give wrists, shoulders or backs a rest

> Alternate between sitting and standing when performing tasks such as cutting hair, drying hair, waxing or facials

> Make sure all tools are maintained appropriately so they do not need extra effort to use.

> Provide positive posture training and regularly promote the need for good posture whilst working.

Engineering Controls

> Provide adequate lighting for the task.

> Ensure there is enough room for easy movement around furniture and work areas.

> Provide non-slip surfaces that are comfortable for standing.

> Provide adjustable styling chairs and stools to avoid working with arms above shoulder height or constantly bending head forward.

> Provide adjustable tables / benches / massage couches.

> Place required work items within reach and close to waist height.

> Provide trolleys with castors to reduce carrying.

> Provide padding on table for nail work to protect elbows and underside of arms from nerve damage.

Select well designed tools:

> Discuss the selection and purchase of new tools and equipment with staff prior to purchase.

> Consider better designed tools that reduce force and awkward grips.

> Make sure that tools such as blow dryers are as light as possible.

> Provide appropriately designed scissors that keep your wrists straight and do not dig into the hand.

Redesign work methods:

> Work as close as possible to the client to reduce bending and reaching.
> Use haircutting stools rather than bending over.

Ensure that the height of the massage bed is adjusted to prevent excessive bending

Administrative controls

> Alternate tasks so that different muscles are used, e.g. recover from massage by folding towels, sweeping floors, reception duties, variation in artificial nail filing techniques.
> Manage the number of bookings per worker, particularly those involving demanding tasks, e.g. massage.

Personal protective equipment

> Wear comfortable footwear with shock absorbing soles or inserts if possible

PPE at Work.pdf

Fact Sheet |

Manual Handling Procedures

To ensure that the likelihood of accidents and/or injury from manual handling operations (eg when lifting boxes etc) remains low, follow this procedure:

> **Avoid or reduce the task** if possible: can the item be delivered to the salon? In a large salon, can the product be delivered frequently, therefore in small quantities? Can the delivery person take the items straight into the storage area or place them on a trolley? Can the contents of a box be split into smaller amounts before being moved?

> **Assess the task –** what am I lifting/moving? Where to? Is the floor dry and my route clear, with doors open and lights on? How heavy is the load? How far am I going? Do I need help? Can I use a trolley? Look inside boxes – are the contents evenly distributed? Any loose staples or sharp edges?

> **Carry out the task**
- Place your feet at least shoulder width apart and with one foot in front of the other.

- Stand close to the load
- Keep your back slightly flexed, bending at the hips as well as the knees.
- Take a secure grip of the load and keep your arms close to the body.
- Lift by straightening the knees and hips – this uses your leg muscles instead of straining your back.
- Do not twist – move your feet, not your waist!

Fact Sheet | Manual handling Regulations.pdf

The Work at Height Regulations 2005

These regulations require employers to carry out a risk assessment for anyone working at height and take suitable measures to prevent the person from falling and being injured.

Anyone carrying out work at height must be competent i.e. have enough knowledge, understanding and experience to do the job safely.

In a salon working at height usually involves no more than the use of stepladders/ladders to change light bulbs, clean surfaces such as windows or reach items stored at high level.

Stepladders/ladders must be of commercial quality and not domestic type. Do not use chairs or stand on work surfaces.

Do not stand on the platform of platform steps. In 2001 a girl was putting up Christmas decorations and standing on the platform of the steps contrary to the instructions printed by the supplier on the side of the steps. The steps slipped sideways and the girl fell breaking her neck and ending up permanently paralysed from the neck down. The height of the platform was only about 1 metre from the ground!

Fact Sheet | Working at height.pdf

Fact Sheet | Safe use of ladders and stepladders.pdf

2.6 Plant (Mechanical)

Introducing new or existing plant (equipment) into the work place may impact your work healthy and safety practices.

Plant includes any machinery, equipment, appliance, pressure vessel, personal protective equipment and component of plant and a fitting, connection, accessory or adjunct to plant.

All plant items should be selected for its specific purpose whilst ensuring it meets the individual's needs.

Examples of plant in the Beauty industry include:

- air conditioning systems
- air conditioning units
- autoclaves
- beauty beds (see page 11 for details)
- blow dryers
- cosmetic and tattoo equipment
- electrical styling equipment
- electric nail file and nail drill
- electrolysis machines
- gel lights
- gloves
- lasers
- local exhaust workstations
- IPL Machines
- safety glasses/aprons and masks
- various beauty therapy electrical equipment
- water heaters
- wax pots

Factors to consider when purchasing or obtaining plant include:

- the plant has been constructed, manufactured and installed to an acceptable standard
- the equipment satisfactorily performs its function
- noise levels are not a risk to hearing or health
- machinery has adequate testing to show it does the required function
- takes into account the flammability of the products being used

Plant should not obstruct doorways and emergency exits and should also be secured against movement.

Fact Sheet | Reducing health risks from the use of

Fact Sheet | Information on UV tanning equipment.p

CONTROL MEASURES

Isolation

- Turn off and unplug plant before cleaning, maintenance or repair work commences.
- Withdraw damaged plant from service and label with an out of service tag until any risks to health and safety have been assessed and controlled.

Administrative controls

- Ensure training in the safe use and maintenance of plant has been undertaken
- Provide adequate supervision to workers and other persons.
- Make sure plant is operated, serviced, maintained and repaired according to the manufacturers specifications.
- Develop and implement an inspection program for plant.
- Keep a record of plant inspection, servicing, maintenance and repair
- Ensure that electrical items have been tested

Fact Sheet | Using work equipment safely.pdf

Fact Sheet | Safe use of work equipment.pdf

2.7 Biological hazards

Workers in the Beauty industry are at risk of exposure to biological hazards that cause infectious diseases, such as:

- blood borne diseases, e.g. Hepatitis B, Hepatitis C and HIV
- skin infections, e.g. staphylococcus
- skin infestations, e.g. head lice

Beauty industry workers are exposed to blood and body substances through activities such as:

- electrolysis
- tweezing
- ear and body piercing
- manicure and pedicure
- application of artificial nails
- tattooing
- waxing
- skin extractions

Exposure to blood and body substances may be from:

- direct contact, e.g. applying first aid to a bleeding client
- indirect contact, e.g. handling contaminated or waste equipment

Blood or body substances do not have to be visible on an instrument for an infection to be transmitted. Infection with a blood borne disease can occur if infected blood or body substances enter a person's body. This could occur:

- by a skin penetrating injury, e.g. accidentally piercing skin with a used electrolysis needle
- through broken skin, e.g. a cut, wound or dermatitis
- through mucous membranes, e.g. blood splashing into a person's eyes or mouth

Clients may be exposed to blood and body substances from equipment that has not been correctly cleaned and disinfected or sterilised.

Sharps Management

Sharps: syringes, electrolysis and tattoo needles, razor blades.

Needle stick injuries arising from discarded sharps pose significant risk of transmission of serious diseases, as well as the risk of significant trauma. Used sharps should be discarded safely within the workplace.

To minimise any risks associated with the disposal of sharps the following needs to be adhered to:

> Sharps disposal kits must be made available at workplace premises. The kit must consist of tongs, an approved portable sharps container and heavy duty gloves.
> Nominated workers are to be trained in the correct use of the sharps disposal kit.
> If a discarded sharps item is located in the workplace the person must do the following:
- Ensure they do not touch the item
- Notify other people in the vicinity of the item
- Take reasonable steps to highlight the location of the sharp item i.e. get a staff member to stand near the item whilst the appropriate disposal equipment is retrieved.

Waste disposal should comply with any state or local government requirements. Contact your local council for advice.

Dealing with a sharps incident

If a worker suffers a sharp injury the following must occur:

> Worker formally report injury immediately.
> The Responsible person (manager) will organise immediate first aid.
> Retain and safely store sharps item involved in the incident (for further testing).
> The worker must attend the doctors/hospital to allow for appropriate testing which will test for contamination.
> A worker who suffers a sharps injury should be provided counselling support if required.

In the event that a worker is injured, ensure that:

- appropriate first aid is administered immediately.
- encourage punctures or cuts to bleed, wash liberally with soap and water and/or dilute with hypochlorite solution.
- if the eye or face is exposed to a splash or mucous membrane, rinse gently with water.

> The incident is reported and vaccination status checked as soon as possible.
> Appropriate medical treatment and tests such as antibody tests for HIV, Hepatitis B and Hepatitis C are conducted.
> Mandatory counselling about the risk of contracting a blood-borne disease from exposure is conducted.
> Every reasonable effort is made to ascertain the infectious status of the source

Sharps Management

Where equipment is reused, it must be cleaned and sterilised.
The most effective method of sterilisation is the application of moist heat under pressure for a prescribed time and temperature. A steam steriliser (autoclave) is needed for this purpose.

Wiping needles/spatulas with disinfectant before use does not sterilise the item.

Ultraviolet (UV) cabinets DO NOT STERILISE equipment and other articles placed in them because the UV radiation does not penetrate to all surfaces. Some viruses are not particularly susceptible to UV radiation, and these cabinets are not suitable storage receptacles because the UV rays damage combs and brushes, and compromise sterile packaging.

Disinfectant solutions commonly used by many hairdressers for combs, scissors, brushes etc. have been found to be ineffective. The routine disinfection of these implements by this means is not recommended. Disinfection does not achieve the same reduction in microbial contamination levels as sterilisation and must not be used for equipment that penetrates the skin.

All equipment that penetrates the skin must be sterile.

CONTROL MEASURES

Substitution

> Substitute reusable equipment with single-use, disposable equipment, e.g. needles, spatulas, emery boards, make-up brushes, razors, hand towels.

Redesign

> Install surfaces, furniture and fittings that are made of non-absorbent materials that can be readily cleaned.
> Design the work area so that clean and contaminated instruments are kept separate from each other.

Isolation

> Make sure all used sharps are placed in a clearly labelled, rigid-walled, puncture resistant container that meets Standards immediately after use.
> Make sure all waste that is contaminated with blood or body substances is placed in a leak proof bag or container and sealed.

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Administrative controls

> Develop and implement procedures for:
  - cleaning, disinfecting, sterilising and storing reusable equipment.
  - managing blood and body substance spills.
  - managing accidental blood and body substance exposures and skin penetrating injuries.
  - safe disposal of contaminated waste, including sharps (this should comply with state or local council requirements).
  - cleaning and storing laundry.

> Provide information and training for infection control practices and procedures.

> Provide Hepatitis B immunisation for workers at risk of exposure to blood and body substances, particularly for workers performing skin penetrating procedures.

> Do not reuse equipment marked by the manufacturer as 'single use'.

> Do not reuse equipment that has been contaminated with blood or body substances unless it has been cleaned and sterilised.

> Dispose of dispensed creams, ointments and lotions and do not return them to the original containers.

> Do not reuse wax unless it has been decontaminated.

> Treat all blood and body substances as potentially infectious and take standard precautions to prevent exposure, e.g. wearing disposable gloves, good hygiene practices safe handling of sharps.

> Ensure there is adequate hand washing facilities.

> Provide a number of sets of equipment to allow some equipment to be cleaned and disinfected or sterilised while others are in use.

> Follow the recommended dilutions and storage requirements for disinfectants and observe use-by dates.

Personal protective equipment

> Wear disposable gloves for all contact with blood and body substances, and when performing skin penetration procedures, such as electrolysis, skin extractions, tattooing and ear and body piercing.

> Wear gloves when cleaning contaminated equipment.

> Make sure all abrasions, cuts or lesions are covered by waterproof dressings.

> Wear eye and/or face protection when performing a procedure, such as cleaning contaminated equipment, which may cause a splashing hazard.

> Use devices, such as gloves and finger cots, to protect nail technicians from abrasive injuries from files.

Fact Sheet | Skin Piercing Guidelines.pdf

2.8 Dermatitis

Dermatitis means inflammation of the skin, caused by something that people touch. It usually affects the hands.

There are 3 main types

- Irritant contact dermatitis
- Allergic contact dermatitis
- Contact urticarial

Irritant contact dermatitis

Continual wetting and drying of the skin as well as handling irritating substances will dry out the skin. This will occur more rapidly in people with a history of eczema (even as a baby), asthma or hay fever. Irritant contact dermatitis is common in apprentices, junior and casual staff, who often perform a lot of basin work. This condition occurs gradually and builds up over time following long periods of wet work and using shampoo, other hair products and cleaning products.

In the beauty industry, common irritants are:

- Water from washing hands
- Soaps and detergents
- Cleaning products
- Not drying hands properly
- Heat and sweating from wearing gloves for long periods of time

Allergic contact dermatitis

Allergy can occur at any time in a beauty therapist's career and often happens after irritant contact dermatitis has already damaged the skin.

Allergy will cause the skin to be very itchy, flake, split, crack and blister. The skin will flare-up some hours after contact with the particular substance as this type of allergy is delayed, i.e. 4-24 hours after contact. It may take days or weeks to settle down again. It is diagnosed by patch testing at a specialised clinic. Once this condition develops there is no cure. Prevention is the key.

In the Beauty industry, common allergens are:

- Chemical restructuring solution
- Acrylate chemicals used for artificial nails through absorption and inhaled as dust and vapours
- Depilatory waxes, noting people allergic to sticking plaster may also be allergic to waxes.

Fact Sheet | Skin checks for dermatitis - Poster.pc

Fact Sheet | Small steps stop dermatitis - Poster.pc

Contact urticaria

This is a different type of allergy and occurs immediately (within 10-30 minutes) of the allergen touching the skin and settles down an hour or two after contact ceases. It is a reaction to specific proteins, leading to hives on the skin, itching and swelling and can also cause a runny nose, sneezing or asthma. Contact urticaria can eventually develop into a life threatening condition.

Causes of this type of allergy may include:

- Bleach (dust free bleach can lessen the likelihood of developing this type of allergy)
- Natural rubber latex, e.g. cheap, powdered, disposable latex gloves

Fact Sheet | Let's dispel a few myths.pdf

CONTROL MEASURES

The following are methods that may be used to assist in the prevention of contact dermatitis.

Gloves

To prevent work-related contact dermatitis occurring or recurring, it is imperative that hairdressers and beauty therapists use the right sort of gloves for the task being performed. However, it is
not uncommon for them to begin to wear gloves only when the skin on their hands is already damaged.

It is important to wear gloves when:

- applying chemicals for artificial nails
- handling wax (if you have a history of problems with sticking plaster)
- cleaning the salon, therapy beds and equipment

Suitable gloves may include:

- disposable vinyl gloves or disposable polyethylene gloves (both suitable for short periods only and not suitable for artificial nail work)
- disposable nitrile gloves (suitable for hairdressing and artificial nail work)
- specifically designed hairdressers' gloves are usually reusable and although made of latex they are of a high quality and rarely cause allergy
- reusable rubber or vinyl gloves can be used for cleaning the salon
- avoid using cheap, powdered, disposable latex gloves
- wearing cotton gloves underneath other gloves, or using lined gloves, can be useful to minimise sweating

Information from glove manufacturers may help with deciding which type of glove is the best.

Fact Sheet | Correct removal of gloves - Poster.pdf

Moisturising

- feed the skin with the moisture it loses during a working day, a barrier repair hand cream with no fragrances is best
- apply moisturising creams during breaks at work, at the end of the day and before bed
- a less greasy moisturising lotion may be easier to use during the day, this is often purchased in a pump-pack
- rub well into the hands and wrists, not forgetting between the fingers

Points to remember

- Change gloves between clients and at least hourly if still dealing with the same client to reduce sweating.
- Disposable gloves must be thrown away after each use, they are not designed to be washed and re-used; this poor work practice allows the chemicals to pass through the glove and onto the skin.
- Always keep the contaminated surface of the reusable gloves on the outside, never turn them inside out.
- Take rings off at work. Chemicals, detergents, and water can get trapped underneath and may cause dermatitis to develop.
- Remember, clients may be allergic to latex gloves

Always check with the client if they have any allergies.

Fact Sheet | Company fined after employees suffer fro

Fact Sheet | Skin care - Poster.pdf

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2.9 Radiation hazards

There are many types of beauty services that use low frequency non-ionising radiation from the infrared, visible and lower ranges of the ultra violet light spectrum. The following are some examples where radiation is used in the workplace

Radiation Type	Applications	Potential Risks if Not Used properly
Ultraviolet radiation	• UV & LED lights used by nail technicians	• minimal UV risk • burns due to product on skin during curing • there is some hearsay in regard to elevated potential for skin cancer on the fingers
Infra-red radiation	• UV & LED lights used by nail technicians	• burns to skin and eye tissue Lasers
Lasers	• Beauty industry treatments such as skin exfoliation and hair removal	• skin damage including burns • eye damage, including blindness
Light Emitting Diode (LED)	• beauty industry treatments such skin exfoliation and hair removal	• eye damage, burns and or blindness • burns to skin
Intense Pulse Light (IPL)	• beauty industry treatments such as hair removal and the stimulation treatments and hair removal	• eye damage, burns and or blindness • burns to skin • hyperpigmentation
Ultrasound	• beauty industry heat treatment and skin exfoliation	• overheating and burning of body tissue

It is essential that the correct training is provided for use of these machines. Training can be provided by a machine supplier, senior laser technicians in the business and/or achieved through completing competency training in Intense Pulsed Light and Laser Hair

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CONTROL MEASURES

Install special cubicles to carry out UV and laser treatments to prevent accidental exposure to radiation.

If this is not possible:

- Provide workers with instruction and training on the health effects associated with radiation exposure and the safe use of equipment.
- Use equipment according to the manufacturer's instructions.
- Display signs warning other persons that radiation-emitting equipment is in use.
- Do not exceed the recommended times for treatments.
- Ensure workers and clients wear goggles that meet Australian Standards at all times when UV and laser equipment is in use.
- For laser treatments, remove or cover all items with smooth reflecting surfaces, such as mirrors, bottles, polished metal and jewellery, with matt black paper or cloth.
- Make sure the light in the laser work area is as bright as possible to construct the diameter of the pupil of the eye and reduce the risk of damage to the retina.

Fact Sheet | Health and safety in nail bars.pdf