

Nail Salon Worker Safety and Health Outreach Program

REMINDERS

- Participants must sign in on the sign-in sheet at every training
- Participants must complete a Level 1 and 2 evaluation at every training

INTRODUCTION

Objectives

- » Participants will be familiar with the reason for the training.
- » Participants will understand why occupational health is important.

Talking Points

- » Workers spend one-third of their adult lives in the workplace. If workers are exposed to dangerous chemicals and other hazards on the job, this can cause injuries and make workers sick.
- » Aches and pains, as well as chemical exposures, affect nail salon workers' health.
- » All workers have the right to a safe and healthy workplace.

Activities

- » Have participants use drawings to introduce themselves to the group.
- » Go around the room and have each participant say their name, an interesting fact about themselves, and how long they have been working in nail salons.



Pre/Post Test



Sample Sign-in Sheet

LESSON 1

Chemical Exposures and Infectious Diseases

Learning Objectives

- » Identify the chemical hazards present in a nail salon
- » Recognize how workers become exposed to chemicals and illnesses
- » Understand ways workers can protect themselves from chemical exposure
- » Understand what to do if exposed to a chemical at work (Safety Data Sheet)

Talking Points

- » There are many chemicals used in nail salons (Booklet, pg. 3)

Continued on next page

Commonly Used Chemicals in Nail Salons

- » Acetone (nail polish remover)
- » Acetonitrile (fingernail glue remover)
- » Acrylates such as 2-hydroxyethyl methacrylate (gel polish, gel nails, artificial nails)
- » Butyl acetate (nail polish, nail polish remover)
- » Ethyl acetate (nail polish, remover, and fingernail glue)
- » Ethyl methacrylate (artificial nails)
- » Formaldehyde (nail hardener)
- » Methacrylic Acid (acrylic primer)
- » Methyl ethyl ketone (thinner)
- » Methyl methacrylate (artificial nails) (banned for use in nail salons)
- » Ortho-phenylphenol (disinfectant)
- » Phthalates such as dibutyl phthalate (nail polish)
- » Quaternary ammonium compounds such as benzalkonium chloride (disinfectant)
- » Toluene (nail polish, fingernail glue)

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Talking Points, continued

- » There are many ways chemicals can enter your body:

Activity: ask participants to show with an “X” where chemicals enter the body [Handout 1](#)

Activity: Using acetone (nail polish remover) as an example, brainstorm with workers how chemicals can enter the body.

- » Direct contact- touching (skin absorption)
- » Breathing it in- having the bottle open next to you
- » Ingestion via direct contact- you were just touching the cotton swab with acetone then you eat something or open your water bottle

Workers can breathe in chemicals, accidentally ingest (or swallow) chemicals, or chemicals can be absorbed through your skin or eyes (Booklet, pg. 4)

- » There are steps you can take to protect yourself from chemical exposures (Booklet, pgs. 4-6; Best Practices handout). [Handout 2](#)

Activity: Brainstorm what those steps might be, then give handout

- » Personal protective equipment and hand washing can be used to protect yourself from chemicals. Personal protective equipment includes gloves, masks, long sleeve shirts and long pants.

Activity: Practice proper glove removal [Figure 1](#)

- » Pinch the glove in palm of one hand
- » Pull the glove totally off
- » Use gloved hand to hold 1st glove
- » Use a finger of the hand without the glove to go underneath the second glove, avoiding touching the outside of glove to take off the second glove

- » Some chemicals are more dangerous than others. The Toxic Trio are three chemicals that are especially dangerous to nail salon workers. It is especially important to protect yourself when using these chemicals. When possible, it is best to remove these chemicals from the salon and use safer alternatives (Toxic Trio handout) [Handout 3](#)

- » Every salon is required to have Safety Data Sheets for every chemical used. Safety Data Sheets can give you more information about chemicals, including how to protect yourself and what to do in case of a spill or other accident (SDS handout)

Activity: Practice reading a Safety Data Sheet, and point out the most important sections. Point out the sections for what to do in case of an emergency, PPE requirements, and health effects. [Handout 4](#)

- » Nail salon workers can also be exposed to certain illnesses by coming into contact with blood or other bodily fluids. Some of these include the common cold, flu, HIV, and Hepatitis B. There are many ways to protect yourself (Booklet, pgs. 8-9) [Figure 2](#)

Handout 1

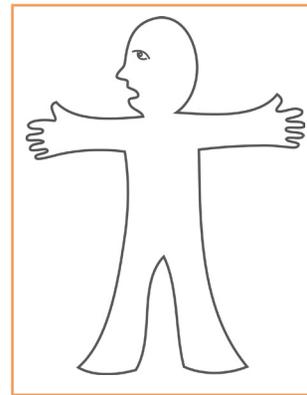
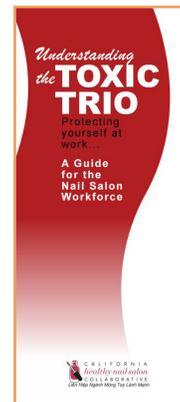


Figure 1



Handout 3



Handout 2



Handout 4



Figure 2

There are many ways to protect yourself.

- » Avoid touching any blood or bodily fluids.
- » Wear gloves.
- » Always wash your hands with soap and water.
- » Bandage and cover all open cuts or bruises on your skin.
- » If a client bleeds, don't touch the blood.
- » Consider getting immunized against Hepatitis B.
- » Disinfect tools after each client.
- » Disinfect foot basins and spas after each client and at the end of the day.

LESSON 2

Ergonomics

Learning Objectives

- » Identify hazards for nail salon workers related to overuse of muscles, poor posture, and repeated tasks
- » Understand best practices for reducing aches and pains for nail salon workers

Talking Points

- » Ergonomic hazards include overuse of muscles, poor posture, and repeated tasks and can cause aches and pains which are very common among nail salon workers.

Activity: What types of aches and pains do you feel are caused by your work?
- » There are many things you can do to prevent aches and pains (Booklet, pg. 7) **Figure 3**

Activity: What are some things you think you could do to reduce your aches and pains?

Activity: Share the stretching video and have participants practice

Activity: Demonstrate proper posture and stretching techniques and have participants follow along

Figure 3

Prevent aches and pains

- » Raise the client's hand or foot.
- » Use an adjustable chair.
- » Put a towel or foam pad on the table edge to soften it.
- » Adjust the lighting.
- » Take frequent breaks if possible.
- » Slow down when possible.
- » Do gentle stretching exercises in between clients.

LESSON 3

Workers' Rights

Learning Objectives

- » Identify worker safety and health rights and responsibilities in the US
- » Identify the differences between an employee and an independent contractor
- » Recognize the role of the Occupational Safety and Health Administration (OSHA)

Talking Points

- » Workers have rights and responsibilities in the workplace. It is important to understand these rights. (Workers' Rights handout) **Handout 5**
- » The difference between an employee and an independent contractor can be confusing, and as a nail salon worker it is important to understand the difference [list 3 bullet points from booklet]. (Booklet, pg. 10)
- » Know that you can reach out to your local OSHA office for help and all calls are anonymous. (OSHA Area Offices handout) **Handout 6**

Suggested Activities

- » Workers' Rights jeopardy **Figure 4**

Handout 5

Handout 6

Figure 4

JEOPARDY!			
Worker's Rights	Owner's Responsibilities	Worker's Responsibilities	Benefits
10	10	10	10
20	20	20	20
30	30	30	30