

Tips for Protecting Your Health in a Nail Salon

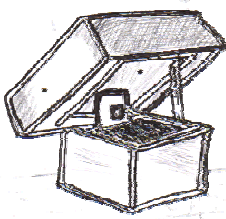
The **Asian Law Caucus** (ALC) collaborated with **Street Level** (formerly UCSF Community Occupational Health Project) to develop materials to promote a healthy and safe work environment for nail salon workers, owners and consumers. This handout summarizes material from ALC's health and safety training series we conduct in nail salons.



Chemicals and Ventilation: Some of the products you use in your work may expose you to harmful chemicals. Here are some ways to protect yourself:

1. Compare and choose safer products.
2. Follow instructions when using products.
3. If odors linger for more than 10 minutes or if you can smell a chemical from across the room, check your ventilation. You may want to use the following:

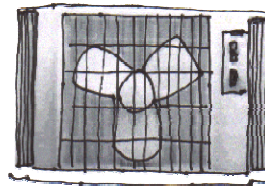
Roof or wall exhaust



Ventilated table with dust and charcoal filter



Reversible window fan



Floor fan



4. Wear gloves and goggles when recommended.
5. If you use a mask, use an appropriate one:

Paper dust masks protect you against dust but not chemicals.



N95 masks protect against viruses and odors but not chemicals.



Carbon filter cartridge masks DO protect you from breathing in chemicals.



6. Wash your hands and move out of the area where chemicals are before you eat, drink, or smoke.
7. Store chemicals in a small glass or plastic bottle. Close the bottles when you are not using them.
8. Put any trash soaked with chemicals (like cotton balls) in a sealed bag before you put it in the trash. Also, keep the trash covered at all times. Use a metal trash bin with a cover.



9. Tell your health care provider what chemicals you work with, especially if you are pregnant or planning to become pregnant.

Protect Yourself Against Germs and Infections:

Here are some ways to protect yourself from bacterial, fungal, or viral infections:

1. Wash your hands and wear gloves.
2. Disinfect tools after every client using an EPA registered disinfectant. Be sure to use the correct amount of disinfectant. Cover the tools completely in the disinfectant for 10-30 minutes.
3. Disinfect foot basins and spas.
4. Get immunized from Hepatitis B.
5. If you get blood on your skin or get cut, wash the area immediately with soap and water (not an alcohol based cleaner). Report the incident to your supervisor, and get medical treatment within 24 hours.



Prevent Aches and Pains: You can prevent aches and pains by practicing good posture and stretching. Here are some stretches to try:



Advil = Ibuprofen
Aleve = Naproxen
Tylenol = Acetaminophen

Asian Law Caucus/UCSF COHP-
Street Level

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