

Sanitation

LENNIE BATTLE | COURSE NUMBER 101

Course Description

- ▶ THIS IS A 3 HOUR COURSE COVERING RULES, REGULATIONS, SAFETY, SANITATION AND DISINFECTION PROCEDURES; BACTERIAL, VIRAL AND FUNGAL INFECTIONS AND UNIVERSAL PRECAUTIONS.
- ▶ Duration: All participants are permitted 30 days to complete selected course. Courses must be completed by December 30, 2017
- ▶ Prerequisites: None
- ▶ Credits: 3 hours

Course Objectives

Lesson Objective: This course is designed as a 3-hour Online (Internet-based) course which focuses on – sanitation, disinfection, cleanliness, and the safety of the salon and/or spa setting. In greater detail, this proposed course focuses on two (II) Modules which highlight: (I) the definition of sanitation and the various levels of decontamination; as well as the discussion of pathogens, micro-organisms, and disease-causing elements; (II) regulations regarding (SDS) safety data, the Environmental Protection Agency, the Occupational Safety & Health Administration; and SC State Board of Cosmetology. The conclusion will also include tips & checklists that can aid professionals in the beauty industry in providing a more safe and sanitary salon spa setting.

Course Goals

- ▶ **Course Goals:** To Educate course participants about the various forms of decontamination and sanitation and disinfection. To encourage participants to implement disinfection and sanitation procedures at all times.* To discuss in greater detail pathogens, germs, and disease-causing organisms.* To inform course participants regarding safety measures in the salon or spa setting, and to encourage a proactive approach to safety measures.* To discuss laws and regulations that may be enforced by SC State Board of Cosmetology; as well as Federal Agencies and Administrations (such as OSHA and EPA).* To provide a checklist that may assist beauty professionals in regard to using “best practices” regarding safety, disinfection and sanitation.* To serve as a refresher regarding basic disinfection and sanitation principles, and to remind course participants to keep up with current laws and legislation regarding salon safety.

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MODULE I: SANITATION – “THE DEFINITIONAL FRAME”

The beauty industry has long been known as an industry that provides services to the public, and some of these service areas include [and are limited to] cosmetology, esthetics, and manicuring services respectively. Overall, various services include cosmetic art, and the grooming, care and maintenance of the hair, skin, nails; and [again], these services are open to the public. ****Licensed beauty professionals – such as cosmetologists, estheticians, and manicurists perform the aforementioned services, and it is important to make sure that the clients, beauty professionals, and the health and safety of the salon or spa setting is monitored. Therefore, it is imperative that safety and sanitation standards are a top priority in regarding to the salon or spa operation.*****

In the United States, there are over 300 million people, and there are over 1.6 million Salon and Spa professionals employed in the Beauty Industry. As persons receive professional grooming and spa services; whether a necessity or a luxury – it is imperative that Beauty Industry Professionals follow various sanitation & safety procedures, to protect the client, the beauty professional, and the salon/spa as a whole.

According to The National Accrediting Commission of Cosmetology Arts and Sciences (NACCAS), a statistical report prepared by John B. Lee in 2007, cited that [again] there are over 1.6 million beauty professionals employed in the United States. These beauty professionals comprise of: cosmetologists, barbers, nail technicians, and skin care specialists. The report also cites that there are over 370,000 beauty establishments, which include: beauty salons, “skin care salons,” nail salons and barber shops. The average number of stations within these beauty establishments was approximately 5, and the beauty establishments cited an average of 127 clients per week. Additionally, the report cited that nearly 60% of the beauty establishments were considered as “full-service salons.”

Therefore, with 370,000 beauty establishments in various States, there are rules and regulations that focus on sanitation & safety in the salon and spa settings. Although there is no one universal State rule of incorporating sanitation and safety, there are various organizations, that encompass multiple State Boards of Cosmetology, to ensure that there is discussion and understanding of issues and trends in Cosmetic Art practices, including sanitation and safety issues. NIC, the National-Interstate Council of State Boards of Cosmetology, is one such organization.

State Boards and regulatory agencies are very stringent on making certain that professionals in the beauty industry use precaution in regard to cleanliness and sanitary salon and spa environments. It is an overall goal of making sure that there is control of contamination upon all levels in the salon setting. It is an overall goal of making sure that there is control of contamination upon all levels in the salon setting. Ultimately, if something is soiled, tainted, or infected – it can be considered “contaminated.” Therefore, decontamination is imperative for a safe, healthy salon and concerning microdermabrasion – it is important to make certain that the treatment room is decontaminated.

The control of “Pathogens” are imperative in the salon and spa settings, and pathogens are disease-causing microorganisms that can cause contamination.

In order to control pathogens, surfaces – living or non-living, and implements must be decontaminated. An example of a “living” surface is the client or the beauty professional’s hands. Throughout the day, services offered by beauty professionals are performed with the hands; and in turn, clients enter the salon and spa environments and touch items with their hands – such as opening doors, touching chairs, and touching appointment and retail counters are a few examples

Ultimately, there are two (2) levels of salon decontamination which include:

- **disinfection**
- **sanitation**

The next level of decontamination is disinfection.

The disinfection process is the second highest level of decontamination, because it controls microorganisms that grow on various implements used in the salon setting such as metal extractors, and metal cuticle pushers – which are known as “non-living surfaces.” The chemical products used in disinfection often have strong chemical properties and need to be used safely. Therefore, you must follow safety rules documented by the manufacturer of the disinfectant product. Safety rules are published on the Safety Data Sheet, or the – “SDS.” Later in Module III, there will be a greater discussion of SDS sheets, and their mission and purpose.

In the salon setting, the disinfection: of bacteria, viruses, tuberculocides and fungicides are crucial.

Therefore, an EPA registered, hospital-level disinfection is used to disinfect by killing bactericides, virucides, and fungicides. *The “EPA” stands for the United States Environmental Protection Agency, and their primary mission is to: “. . . protect human health and the environment . . .” and to “. . . lead the nation's environmental science, research, education and assessment efforts.”* There will be greater discussion regarding the EPA in Module III, as there will be regarding OSHA – the U.S. Occupational Safety and Health Administration, and the FDA – the U.S. Food and Drug Administration.

Sanitation is the lowest level of decontamination in the salon setting, however, it is still very important. Sanitation can help to reduce pathogens on living and non-living surfaces [again] such as your hands (living), and your salon floor (non-living). If you are using an antiseptic on your hands, that is an example of sanitation. If you are washing your towels and linens, that is a form of sanitation (as long as the water temperature is appropriate according to State Board regulatory standards). If you are sweeping the floor, that is a form of sanitation.

Methods of laundering according to SC State Board of Cosmetology are; Used towels must be laundered either by regular commercial or noncommercial laundering process which includes immersion in water at 140 degrees F for not less than fifteen (15) minutes during washing or rinsing operation.

Therefore, sanitation is important as well and can oftentimes be associated with the daily cleaning routine of a salon. Please make sure that you follow sanitation rules and guidelines, according to SC State Board rules, regulations, and standards.

The Importance of Safety Data Sheets (SDS), Blood Spills, Safety Data Sheets (SDS): Safety Data Sheets are required by the U.S. Occupational Safety and Health Administration (OSHA), and the following information should be included, which highlights the product, the contents, or the product, and how the product should be handled in the workplace setting (direct excerpt from OSHA):“ . . . Identification, Hazard(s) identification, Composition/information on ingredients, First-aid measures , Fire-fighting measures , Accidental release measures , Handling and storage, Exposure controls/personal protection, Physical and chemical properties, Stability and reactivity, Toxicological information, Ecological information, Disposal considerations, Transport information, Regulatory information, Other information.”

Salons and Spas should also create a SDS book, which includes a listing of all disinfectants and salon-based products that require an SDS. This book will serve as a central resource, in which all employees and/or independent contractors can have access. It is also appropriate for all persons working at a salon or spa to review and discuss the SDS book as well. This can help with preventative measures regarding accidents that can happen with various chemical products.

It should also be known where the Safety Data Sheet (SDS) booklet is located in your salon spa setting. First, it is important because if there are any emergencies or measures which require first aid – the SDS book will be readily available for emergency workers/paramedics (if necessary), and for salon spa employees as well. The location of the SDS book can be identified at a weekly meeting, or it can be a memo to your staff. It should be noted that physically showing your salon spa team is wise – so each and every person will be able to retrieve the SDS book when necessary.

Additionally, when there are new SDS sheets inserted in the book, it should be mentioned to the salon spa staff as well. Overall, it is wise for all salon spa employees to read and analyze the entire SDS book, which will allow a better understanding the product ingredients, side effects, and contraindications as well.

Another safety strategy is to divide your SDS book into two parts: the “salon spa product side” and the “cleaners and disinfectant side.” Not only are products used in Cosmetic Art for Cosmetology, Manicuring, Esthetics, and Natural Hair Braiding needs – there are also cleaners and disinfectants that are used as well. In order to practice sanitation, there must be means of cleaning and EPA-registered disinfectants, bleach, and other cleaning products may be used.

Also, from a technology perspective, many of the SDS can be downloaded from online, and the manufacturer of your salon spa product should be able to either: postal mail, email, fax, or direct you to an online resource, in which you can retrieve your SDS.

Additionally, regarding insurance applications for hazard and liability insurance for your salon spa – Safety Data Sheets (SDS) are excellent for the recording and documentation of all the products, supplies, and procedures within your Salon Spa. Usually, when you apply to insure your salon spa business, you have to record all service menu items that are offered (such as facials, chemical peels, microdermabrasion, body wraps, waxing; hair color, hair extensions, cutting, relaxers; manicures, pedicures, artificial nail extensions, paraffin wax dip, etc.); as well as the products that are included within your service (such as a 25% non-buffered glycolic peel). Therefore, to utilize your SDS book as a reference for your insurance application is very efficient.

Blood Spills & Safety in the Salon Spa Setting – There may be an instance where a blood spill may occur within the salon setting. With spa pedicures, the spill may occur from a filing technique on the toe nails, or from a cuticle procedure that might cut the cuticle. Additionally, an extraction from a facial could erode and there could be blood that can land on the extractor.

According the National-Interstate Council of State Boards of Cosmetology, there is an “NIC Health and Safety Standards Blood Spill Procedure”, and below is a copy of their official handout which is also available at www.nictesting.org/testing.htm : (Note: In the steps below, the “candidate” is the Beauty Professional and the “model’ is the Client.)

NIC HEALTH AND SAFETY STANDARDS BLOOD SPILL PROCEDURE (Direct Insert)

If a blood spill should occur, the following steps MUST be followed: SUPPLY INJURED PARTY WITH LIQUID STYPTIC/ANTISEPTIC AND THE APPROPRIATE DRESSING TO COVER THE INJURY. DOUBLE BAG ALL BLOOD-SOILED (CONTAMINATED) ARTICLES AND LABEL WITH RED OR ORANGE BIOHAZARD WARNING.

*This is the responsibility of the candidate and should be executed as follows: **CANDIDATE INJURY – PROTECTION** – If a cut is sustained, stop the service and clean the injured area*

CANIDATE INJURY

APPLY antiseptic and/or liquid or spray styptic as appropriate (see NOTE).

DRESSING - cover the injury with the appropriate dressing.

COVER injured area with finger guard or glove as appropriate.

CLEAN model/client and station as appropriate.

DOUBLE BAG and dispose of all contaminated objects.

Clean hands with antimicrobial cleanser.

RETURN to service.

MODEL INJURY

- ▶ **STOP** service.
- ▶ **GLOVE** hands of candidate/student/licensee.
- ▶ **CLEAN** injured area as appropriate.
- ▶ **APPLY** antiseptic and/or liquid or spray styptic as appropriate (see NOTE).
- ▶ **COVER** the injury with the appropriate dressing to prevent further blood exposure.
- ▶ **DOUBLE BAG** and dispose of all contaminated objects. Clean hands with antimicrobial cleanser.
- ▶ **RETURN** to service. **MODEL INJURY – STOP** service.
- ▶ **GLOVE** hands of candidate/student/licensee.
- ▶ **CLEAN** injured area as appropriate.
- ▶ **APPLY** antiseptic and/or liquid or spray styptic as appropriate (see NOTE).
- ▶ **COVER** the injury with the appropriate dressing to prevent further blood exposure.
- ▶ **DOUBLE BAG** and dispose of all contaminated objects.
- ▶ Clean hands with antimicrobial cleanser.
- ▶ **RETURN** to service.

NOTE: DO NOT ALLOW CONTAINERS, BRUSHES, NOZZLES OR LIQUID STYPTIC TO TOUCH THE SKIN OR CONTACT THE WOUND. USE AN APPLICATOR. EXAMINERS SHOULD ALSO COMPLETE AN INCIDENT REPORT.

WET DISINFECTION STANDARD

1. All tools and implements, **EXCEPT THOSE THAT HAVE COME IN CONTACT WITH BLOOD OR BODY FLUIDS** must be disinfected, at minimum, by complete immersion in an EPA registered, bactericidal, virucidal, fungicidal, and pseudomonacidal (Formulated for Hospitals) disinfectant that is mixed and used according to the manufacturer's directions.
2. All tools and implements **WHICH HAVE COME IN CONTACT WITH BLOOD OR BODY FLUIDS** must be disinfected, at minimum, by complete immersion in an EPA registered disinfectant that is effective against HIV-1 and human Hepatitis B Virus or Tuberculocidal that is mixed and used according to the manufacturer's directions. **DRY STORAGE STANDARD** Disinfected implements must be stored in a disinfected, dry, covered container and be isolated from contaminants.

HAND WASHING (Anti-Bacterial Soap is recommended) Thoroughly wash hands and the exposed portions of arms with antibacterial soap and water before providing services to **each client** and after smoking, drinking, eating, and using the restroom

Additional Recommended Sanitation Techniques:

You should also make sure that your disposable items, such as cotton balls, orangewood sticks, plastic spatulas and the like should be thrown away.

The cotton towels used in cosmetic art practices – in the areas of Cosmetology, Esthetics, Manicuring, and Natural Hair Braiding should also be laundered per the State Regulatory Board requirements.

Also, your metal implements should be disinfected immediately. Don't forget to wash and brush your implements with warm, soapy water and to dry them as well. Make sure that your disinfection solution is mixed with water – per the manufacturer's instructions and that extractors, cuticle nippers, metal pushers, toe nail clippers, etc. are immersed in the solution properly (you can refer to the Sanitation & Disinfection appendix [before the end-of-course exam] for further detail).

Another form of post-service sanitation includes your spraying and wiping your spa chair or spa bed, manicure table and/or pedicure cart table top, the pedicurist's stool, spa professional's stool (if applicable), the client's chair, and pedicure basin foot rests with an EPA registered disinfectant

- ▶ As mentioned earlier in this course, the Food and Drug Administration (FDA), the U.S. Occupational Health and Safety Administration, and the Environmental Protection Agency (EPA) have a lot to do with the regulation of the Beauty Industry. Although State Boards of Cosmetic Art Examiners articulate the State Rules for beauty professionals, OSHA, the FDA, and EPA regulate various Federal rules and regulations as well. Primarily (but not limited to), OSHA regulates workplace safety hazards, and OSHA is under the U.S. Department of Health and Human Services.
- ▶ The EPA, for instance, regulates our disinfectants used within the salon spa setting. The FDA approves various machines that beauty professionals can use – such as microdermabrasion machines. The FDA presently classifies the microdermabrasion machine that beauty professionals use “on their own”, without the direction of a physician, doctor, dermatologist or plastic surgeon as a “Class 1” machine in which Brannon (2008) documents as [not having to]: “demonstrate clinical efficacy;” (i.e., this is not a medical procedure).
- ▶ Medical supervision is not mandated for microdermabrasion service to be performed
- ▶ Therefore, [again] beauty professionals can perform microdermabrasion services, however, it is important to know your respective State requirements and restrictions regarding the microdermabrasion procedure (some states may not allow beauty professionals to conduct microdermabrasion without medical professional supervision).
- ▶ In conclusion, the Sanitation & Safety In The Salon Spa Setting Continuing Course strived to educate, inform, and reiterate various rules, laws and regulations regarding sanitation. Additionally, there was discussion regarding pathogens and various levels of sanitation. Also, various Federal Agencies were mentioned, in which there was a description and example of some of their regulatory roles and responsibilities regarding the Beauty Industry.
- ▶ These agencies included the: U.S. Occupational Health and Safety Administration (OSHA), the U.S. Environmental Protection Agency (EPA), and the Food and Drug Administration (FDA)

WEB CITATIONS USED

- www.aromaweb.com
- www.ashinstitute.org
- www.cartage.org.lb
- www.comcast.net
- www.eoearth.org <http://www.epa.gov/>
- <http://www.nlm.nih.gov/medlineplus/mplusdictionary.html>
- www.nccosmeticarts.com
- www.nictesting.org/testing.htm
- <http://osha.gov/>
- www.sciencehelpdesk.com
- www.southwest-ortho.com
- www.universereview.ca

END OF COURSE EXAM BELOW

*There is no passing grade for this 3-hr. Online course. However, the course curriculum must be read and **each** question should be answered to receive a course completion certificate. Please answer each question to the best of your ability.*

Upon completion, you may submit your test. You will then receive your exam results/score and an electronic copy of your course completion certificate via email the same business day. If you submit your exam after 7:00 p.m. (EST), you will receive your results and emailed certificate the next business day.

Please make sure you keep a copy of your electronic online course completion certificate – as the may request proof of your certificate and course completion information. This end-of-course QUIZ Modules . Please read and choose the best answer that fits the question. You may answer True or False.

An example of a living surface is

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- ▶ A. equipment
 - ▶ B. hands
 - ▶ C. counter tops
 - ▶ D. none of the above
- ▶ The correct answer is B. Hands are an example of a living surface.

The very highest level of decontamination is?

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- ▶ A. sanitation
 - ▶ B. sterilization
 - ▶ C. handwashing
 - ▶ D. disinfection
- ▶ The correct answer is B. Sterilization is the highest level of decontamination.

When dealing with a candidate injury, you should dispose of all contaminated objects before you treat the injury.

- ▶ True
- ▶ False
- ▶ The correct answer is False. You should stop the service, treat the injury properly, then dispose of all contaminated objects.

When in contact with blood, you should throw away tools and implements.

▶ True

▶ False

▶ The correct answer is False. You should disinfect tools and implements by immersion in a EPA registered solution.

If something is soiled, tainted, or infected it is considered contaminated.

▶ True

▶ False

▶ The correct answer is True.

End Notes

Thank you for allowing me to be your online Continued Education provider. I appreciate and admired your passion and enjoyment.

I look forward to serving you in the future.

Have a great day!

Lennie Battle

Lennie B & Co, LLC.