

The Safety and Health at Work Act was proclaimed January 1, 2013 and it sets out the general guidelines for managing safety, health and the environment in all workplaces to which the Act applies, which includes workplaces engaged in the field of cosmetology. In the cosmetology sector employees may become injured if hazards are not managed effectively. The following tips provide **general** information on the management of **some** of the hazards and risks in the sector.

General Information

- Ensure that the workplace and work activities are safe by:
 - Identifying all situations that can cause harm or injury in the workplace
 - deciding what is highest risk and needs to be fixed first and how to go about fixing it
 - taking action to fix the unsafe or unhealthy workplace problems
 - monitoring to ensure the problems are fixed and won't reoccur
 - providing a first aid kit and managed by trained personnel
 - providing specific training and supervision to all employees
 - providing appropriate safety gear
 - ensuring workers wear the personal protective equipment (PPE).
 - providing fire fighting apparatus

Remember, everyone is responsible for safety and health in the workplace

Manual tasks

- To minimize awkward and sustained working positions (e.g. working with clients):
 - provide adjustable tables and chairs and position frequently used items within easy reach in order to minimize bending and reaching and to allow the

worker to adopt a forward facing and upright position

- allow workers to vary their position and not stand or sit for long periods
- ensure lighting is adequate for the task.
- For work that is repetitive or involves tasks of long duration:
 - take regular breaks
 - work at a steady pace
 - vary work duties and/or working positions (e.g. alternate between standing and sitting)
 - change work practices or purchase equipment that will minimize repetitive actions or prolonged tasks.



- For work involving load handling and storage of items (e.g. the handling and storage of stock and equipment):
 - ensure there is adequate storage for equipment and stock
 - store heavy and frequently used items between mid thigh and shoulder height
 - use mechanical aids such as trolleys to minimize efforts when moving heavy items

Use of Chemicals

- Use the least hazardous chemicals for the job.
- Make sure the Material Safety Data Sheets (MSDS) are available for all chemicals

- Read the label and MSDS and follow the instructions.
- Do not store chemicals in food and/or drink containers (e.g. do not store bleach in drink bottles).
- Store chemicals in closed and clearly labeled containers.
- Use chemicals only for their intended purpose.
- Make sure that the general ventilation in the working area is adequate. (eg. Ventilation tables that exhaust airborne contaminants from the source could be used where possible.



Slips, Trips and falls

- Use appropriate cleaning methods and clean up spills immediately.
- Install slip-resistant flooring.
- Make sure floors are kept clean and in good condition (e.g. free from holes, curled carpet edges).
- Make sure work areas and walkways are kept clear and tidy and are adequately lit.
- Wear footwear that fit well, have non-slip soles that are kept free from foreign material which may make them slippery.

Electricity

- Use licensed electricians for all electrical work.
- Keep electrical equipment away from water (e.g. use waterproof covers or protect power points from water by keeping them clear from sources such as sinks).
- Secure and protect extension leads from damage.
- Check equipment and leads for damage before using.
- Do not use equipment that is damaged and label it accordingly.
- Do not overload electrical sockets.
- Keep a maintenance log for all equipment.

Equipment, tools and personal protective equipment (PPE)

- Select appropriate PPE for the work to be performed (e.g. gloves, aprons, barrier cream, protective footwear and masks).
- Train employees in how to use equipment safely and keep operating instructions and safety information nearby (e.g. workers require knowledge of the principles and practices of radiation protection when using cosmetic lasers or solariums).
- Make sure machinery and equipment are kept clean and in good working condition.
- Do not use faulty machinery or equipment.
- Follow manufacturers' instructions for the safe use of all equipment.
- Ensure all workers wear appropriate PPE and are instructed in its proper use.

Preventing Workplace Contact Dermatitis

- Wear disposable non-latex gloves when performing tasks such as shampooing, bleaching, rinsing or colouring hair.
- Change gloves between clients and work tasks.

- Always dry hands thoroughly after washing them.
- Check hands daily for any signs of dermatitis which include but are not limited to:
 - peeling skin
 - areas of discolouration
 - rashes
 - constant itching
- Seek medical attention after reporting suspected cases of contact dermatitis to employers.

Control of the Risk of Transmission of Blood Borne Diseases and other Biological Hazards

- Consult medical professionals to ensure that you are vaccinated against potential blood borne diseases.
- Avoid contact with all bodily fluids when dealing with clients.
- Sterilize all equipment after use to reduce the likelihood of transmitting biological hazards by the use of :
 - autoclaves
 - disinfectants
 - UV Sterilizers

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Promoting the attainment and maintenance of desirable standards of
occupational safety and health practice in Barbados*