

Best Practices Checklist for Nail Salons Companion

The “Best Practices Checklist for Nail Salons” will help you assess your workplace to ensure that you follow rules and regulations of the Board of the Cosmetology and the laws in Oregon, and improve health and safety for your staff. It may also reduce the numbers of violations cited during an inspection. This checklist addresses the following topics:

Section 1: Establishment License/ Employer Posting/ Recordkeeping

Your salon is required to have a valid facility license. Your nail technicians must have onsite valid licenses in Oregon. You need to post the Oregon OSHA Job, Safety and Health Poster. Emergency numbers need to be posted visibly in the workplace, and you need to have a safety committee that meets regularly or offer safety meetings to employees.

For more information on this section and other related requirements look here:

[Oregon Board of Cosmetology](http://www.oregon.gov/OHLA/COS/pages/index.aspx)

<http://www.oregon.gov/OHLA/COS/pages/index.aspx>

[Oregon OSHA Job, Safety and Health Poster](http://www.cbs.state.or.us/osha/pdf/pubs/1507.pdf)

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[Oregon OSHA's Guide to Safety Committees and Safety Meetings](http://www.orosha.org/pdf/pubs/0989.pdf)

<http://www.orosha.org/pdf/pubs/0989.pdf>

Section 2: Chemical Information and Training (Hazard Communication)

Your salon is required to have a list of hazardous products that are used, train employees on chemicals that they work with, keep material safety data sheets (or safety data sheets) onsite for all products, keep chemicals labeled and following safety handling, storage and disposal for hazardous products.

For more information on this section and other related requirements look here:

[Hazard Communication: A guide to safe work practices](http://www.orosha.org/pdf/pubs/2034.pdf)

<http://www.orosha.org/pdf/pubs/2034.pdf>

[Nail Salons: How to be safe at work](http://www.orosha.org/pdf/pubs/4783e.pdf) <http://www.orosha.org/pdf/pubs/4783e.pdf>

[Nail Salons: How to be safe at work](http://www.orosha.org/pdf/pubs/4783v.pdf) (Vietnamese language version)

<http://www.orosha.org/pdf/pubs/4783v.pdf>

Section 3: Sanitation & Infection Control

Your salon is required to ensure that employees follow practices to prevent the spread of infections and disease. In addition to requirements for washing hands, technicians are required to follow practices to prevent diseases and infections from spreading between clients.

For more information on this section and other related requirements look here:
[Oregon Board of Cosmetology Safe Salons Public Education Campaign](http://www.oregon.gov/OHLA/COS/pages/features/safe_salons.aspx)
http://www.oregon.gov/OHLA/COS/pages/features/safe_salons.aspx

Section 4: Air Quality

How is your salon air quality? The air that you, your staff and clients breathe can affect their comfort and health. Proper chemical use practices and sufficient air flow and ventilation can improve your air quality.

For more information on this section and other related requirements look here:
[OSHA Health Hazards in Nail Salons](http://www.osha.gov/SLTC/nailsalons/chemicalhazards.html#steps)
<http://www.osha.gov/SLTC/nailsalons/chemicalhazards.html#steps>

Section 5: Exposure to Blood or Other Body Fluid

All employees must know about the hazards of exposure to blood and proper practices to prevent exposure to diseases carried by blood and body fluids.

For more information on this section and other related requirements look here:
[OSHA Health Hazards in Nail Salons: Biological Hazards](http://www.osha.gov/SLTC/nailsalons/biohazards.html)
<http://www.osha.gov/SLTC/nailsalons/biohazards.html>

Section 6: Ergonomics

Many nail technicians report body aches and pains related to their job. There are many things you can do to improve the design of work stations and increase opportunities for stretch breaks.

For more information on this section and other related requirements look here:
[OSHA Health Hazards in Nail Salons: Problems with Awkward Postures and Repetitive Motions](http://www.osha.gov/SLTC/nailsalons/musclestrains.html)
<http://www.osha.gov/SLTC/nailsalons/musclestrains.html>