

- ❖ Water proof dressings should be applied to any wounds during working hours and replaced by porous dressing at home
- ❖ Wear shoes with non-skid soles
- ❖ Rotate hairwashing duties; make sure to use skin moisturizers liberally to prevent your skin from drying
- ❖ Job rotation-to change repetitive patterns of work to reduce monotony and slows down development of fatigue
- ❖ Good housekeeping helps to prevent accidents caused by blocked passageways, slips and trips
- ❖ Always store hair products and chemicals in original containers and clean up spills immediately
- ❖ Careful maintenance of the earthing/grounding arrangement of equipments
- ❖ Fire Prevention
 - ✓ Adequate fire extinguishers and alarms, training in fire procedures and designated emergency assembly points
 - ✓ Avoid spraying aerosol products onto naked flame or near infra-red lamp hair dryers
- ❖ Learn first aid and ensure first aid boxes are available



**OCCUPATIONAL HEALTH DIVISION
DEPARTMENT OF HEALTH SERVICES**

WORKING AS A HAIRDRESSER



*FACTS ON THE HEALTH
AND SAFETY RISKS*

1. INTRODUCTION

- ❖ As in many other workplaces, workplace hazards exist in the hairdressing industry which can cause illness and injuries to employees

2. HEALTH AND SAFETY HAZARDS

❖ Physical Hazards

- Noise from blowdryers which can lead to annoyance and in severe cases hearing loss

❖ Biological hazards

- Risk of contracting infectious disease e.g. Hepatitis B from contaminated equipment e.g. shavers, scissors

❖ Chemical Hazards

- Skin problems due to handling various chemicals in hair products such as shampoos, hair dyes, bleaches and permanent waving solutions or in general cleaning products
- Work with persulphate salts (in hair bleach powders) or henna can cause asthma

❖ Ergonomic Hazards

- Cumulative trauma disorders as a result of repetitive motions (e.g. using blunt scissors), awkward posture e.g. working with neck/wrists bent, arms above the shoulder
- Can manifest as neck, shoulder, arms and wrists discomfort, numbness, tingling, aches and weakness
- Prolonged standing can cause varicose veins and backache (especially pregnant workers)

❖ Psychosocial Hazards

- Stress and fatigue due to nuisance noise, boredom, monotony, working alone

❖ Safety Hazards

- Risk of injury due to:
 - Burns from hot surfaces e.g. styling rod
 - Cuts and laceration from sharp scissors, shavers
 - Slips and trips from spills, obstructed passage, wet floor
 - Electrical shocks from improperly grounded/faulty equipment
- Risk of fires from aerosol hair products

3. PREVENTION AND CONTROL

- ❖ Ensure that you receive adequate training

❖ General environmental conditions:

- ✓ Ensure adequate ventilation to remove odors, gases, humidity and vapors
- ✓ Adequate illumination and comfortable temperature
- ✓ Floors constructed of non-slip material

- ❖ Work area at a comfortable height with adjustable seats

- ❖ Rearrange work area so that tasks, equipments and materials are within easy reach (e.g. on work trolleys)

❖ Ergonomics

- ✓ Proper manual handling
- ✓ Use ergonomically designed equipments
- ✓ Take frequent rest breaks especially from repetitive tasks

❖ Noise control

- ✓ Purchase equipments such as blowdryer of low noise intensity

- ❖ Maintain personal hygiene-wash hands after contact with blood, removing gloves, after work

- ❖ Protect hands with chemical-resistant gloves especially when handling bleach or hair dyes