



Body and Beauty Art

Manicures, Pedicures and Nail Treatments

What is the Health Risk?

You and your clients are at risk of being exposed to HIV, Hepatitis B, Hepatitis C or other microorganisms such as bacteria or fungi.

You do not have to see blood or body fluids on equipment or surfaces for an infection to occur.

Before you begin a service:

- Wash your hands for at least 20 seconds with liquid soap under warm running water and then dry with disposable paper towel; see the **Handwashing poster**.
- Clients should also wash their hands with liquid soap and warm running water before a manicure.
- Examine the client's nails for infection prior to offering the service. **Do not** provide nail services to a client who appears to have an infection, such as, a yellow-green discolouration, redness or puffiness on the nail, finger, toe or foot. Advise the client to see a doctor.
- Cover work surfaces with a clean, single use covering, such as a towel.
- Dispense or separate a portion of any powder or cream, such as acrylic powder, to be used during the service from the original container. Do not "double dip" as this can cause infections.

After you have finished a service:

- Wash your hands for at least 20 seconds with liquid soap under warm running water and then dry with disposable paper towel, even if gloves were worn during the service.
- Discard single use equipment immediately after the completion of a service; see **the list of Single use items that must be discarded after each client** on the following page.
- Dispose of razors or credo blades into a puncture resistant sharps container.
- Clean* and then disinfect reusable instruments, such as cuticle nippers, nail clippers, scissors, foot file/grater and Dremel® bits using an intermediate level disinfectant, such as 70% isopropyl alcohol. Soak the instruments in the disinfectant for 10 minutes.
- Clean* and then disinfect work surfaces such as manicure stations after each client using a low-level disinfectant such as 1 tsp bleach with 10 cups of water, allowing it to contact the surface for 10 minutes.

***See the General and Operational Requirements fact sheet for detailed cleaning and disinfecting steps.**

Additional Requirements:

- Do not break the client's skin, especially when cutting cuticles or filing nails.
- Store reusable equipment that has been cleaned and disinfected in a clean drawer or container with a lid; if cleaned and disinfected equipment becomes contaminated with nail dust it must be reprocessed.
- Label disinfectants not in their original container.
- Do not use Methyl Methacrylate (MMA) as an adhesive for acrylic nails.
- Paraffin wax must be used in a manner that does not contaminate the main container.
- Clean and then disinfect foot thrones as outlined in the **Cleaning & Disinfecting Foot Spas Information Sheet**.
- Record all accidental blood or body fluids exposures and keep records on site for a minimum of one year and on file for five years.



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Single use items that must be discarded after each client

Buffer blocks	Nail files with foam, paper, or plastic cores, e.g. emery boards
Arbour /sanding bands	Pumice stones/sponges
Toe separators	Slippers
Callous remover blade discarded into a puncture resistant sharps container	Wooden cuticle pushers
Hindo stone, cuticle erasers or other porous foot filing product	Disposable emery pads from foot files

Source: Ministry of Health and Long Term Care, Infection Prevention and Control Best Practices for Personal Services Settings, January 2009.

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For more information contact the Region of Peel - Public Health
at 905-799-7700 or visit www.peelregion.ca/health/bodyandbeautyart

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