



## Nail Salon Safety Training Program

**All employers need to provide health and safety training and a safe workplace. Our program helps by offering:**

- **Free interactive workshops in Vietnamese and English** for workers and owners.
- **Materials in Vietnamese and English** for training workers, including tip sheets with practical suggestions for dealing with specific hazards.
- **Technical assistance and small business safety resources**—easily accessible at <http://lohp.org/projects/smallbusiness/index.html>.

**For more information, contact us at**  
Labor Occupational Health Program,  
University of California at Berkeley  
510-642-5507

[www.lohp.org](http://www.lohp.org)

California Healthy Nail Salon Collaborative  
213-385-5834

[www.cahealthynailsalons.org](http://www.cahealthynailsalons.org)



# Tips on Worker Safety

For Nail Salon  
Workers and  
Owners

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PHOTOGRAPHY BY GRETCHEN DUNN

Most  
nail salon  
injuries  
can be  
prevented.

Nail salon workers can get aches and pains from bending over or being in the same position for too long. Workers can also get sick from chemicals used in salons or from infected blood or bodily fluids. Follow these tips to stay healthy and safe:



### Chemicals

- Choose safer chemicals when possible.
- Bring fresh air into salons by opening windows and doors.
- Use fans to pull clean air in and push dirty air out.



### Infectious Diseases

- Don't touch blood or bodily fluids.
- Wear gloves and carefully follow rules for disinfecting.
- Always wash your hands with soap and water.



### Prevent Aches and Pains

- Take a stretch break in between clients.
- Adjust your chair so your back is straight.
- Use a towel or cushion to raise your client's hand or foot.
- Use a lamp to light up your work area.



### Good Communication

- Talk to each other to plan how to do tasks safely.
- Employers who encourage workers to report safety problems and suggest solutions will have a more effective safety program.