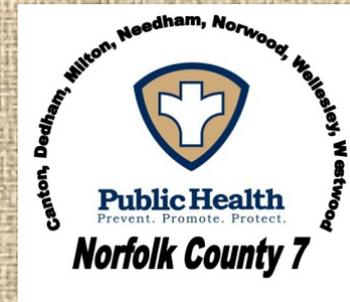
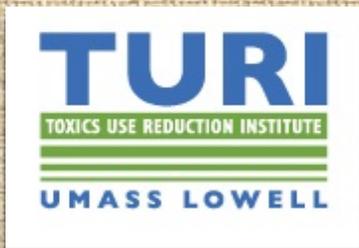


Healthy Nail Salon Toolkit



Norfolk County 7 Public Health Coalition



Made possible with funds by: Toxics Use Reduction Institute – UMass Lowell

What chemicals can be found in my salon?

Toluene: Can cause tiredness, confusion, nausea, headaches and dizziness¹. These symptoms usually go away when the exposure is removed.

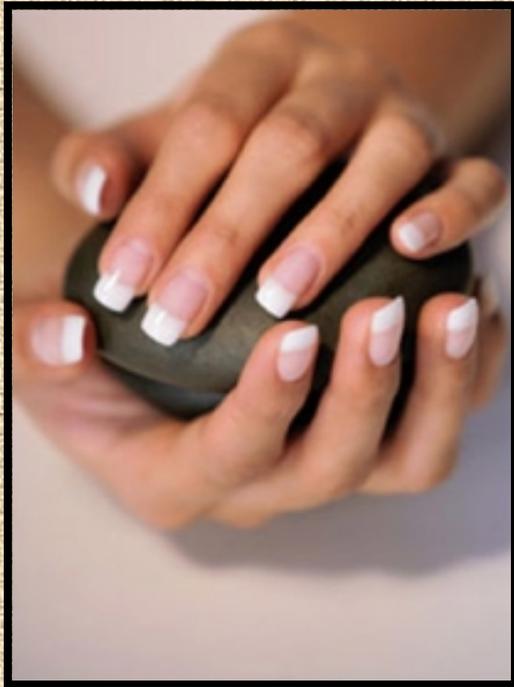
Dibutyl Phthalate: Is banned in Europe and known to cause birth defects and documented allergic reactions²

Formaldehyde: can irritate the eyes, throat, nose and skin. It is also known to cause cancer in humans.

The “toxic-trio” of these 3 chemicals is slowly being removed from nail polishes but many companies still haven’t taken out these dangerous ingredients! Check the label or check out the company’s website to make sure they are “3-free”



More chemicals?



Other chemicals like Ethyl Methacrylate (EMA) and Methyl Methacrylate (MMA) are used in the acrylic nail process. These chemicals can cause red, itchy skin, scratchy throat, headache, dizziness and difficulty concentrating³.

Manufacturers are not required to put their ingredients on their labels! If you're not sure, it's good to check Material Safety Data Sheets (MSDS) for lists of ingredients in a product.

If you can't find an MSDS on a product, search the Environmental Working Group (EWG) Cosmetic Database for information on the ingredients and potential health effects:

<http://www.ewg.org/skindeep/>



What can I do to protect myself at work?

There are several things you can do!

- ✓ Make sure clean, fresh air is available inside. Always have your ventilation system on or keep doors and windows open
- ✓ Wear nitrile gloves instead of latex or vinyl
- ✓ Wear long sleeved shirts to cover your skin when working
- ✓ Don't eat or drink at your station - chemicals and dust in the air can land on your food. Have a separate break room to eat in.
- ✓ Wear a properly fitted N95 mask when working on nails
- ✓ Close bottles and containers when you are not using them and keep lids on trash cans so the chemicals don't escape into the air

Most importantly – Take breaks!! Go outside, go for a walk, get some fresh air a few times a day! If the weather allows, keep doors and windows open for better air circulation in the salon.

What can you do to be safe at work?

1

Avoid products with the "toxic trio" of Toluene, Formaldehyde and Dibutyl Phthalate



2

Wash your hands, arms, and face with soap and water several times a day to clean off chemicals.



3

Don't use open flames as many salon products can catch fire.



4

Have fresh air circulating so you are not exposed to chemicals



5

Wear safety glasses and a mask to protect your eyes when working on acrylic nails and gloves to protect your skin



6

Don't eat or drink at your work station. Chemicals and nail dust can get on your face and your food.



7

Always put the caps back on bottles or other products when not in use



8

Used cotton and other materials should be thrown into a metal can that has a tight-fitting lid.



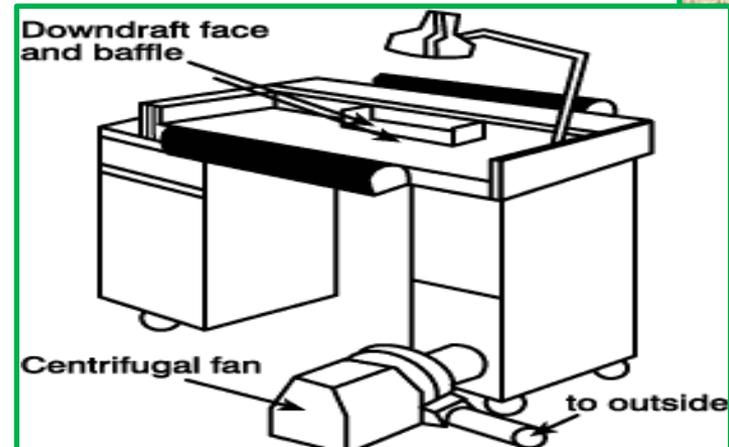
Then, put them in the outside garbage at the end of the day

How can I improve ventilation?

Ventilated Tables – An example of “local ventilation” because they can take the exhaust right from the technician’s table (where the chemical concentration is the greatest) to outside the building. The outside exhaust duct should be located away from air intakes or windows to prevent the bad air from coming back in. For instructions on how to build your own ventilated table, see the ‘Controlling Chemical Hazards’ document from NIOSH at <http://www.cdc.gov/niosh/docs/99-112/>

Other Standards to keep in mind –

- ❖ When ventilation is not sufficient, airborne chemicals in the salon can build up and contribute to bad or stale air inside.
- ❖ Air should be vented away from the breathing zone and OUTSIDE
- ❖ Salon Air should have negative pressure to keep bad air from entering neighboring businesses
- ❖ Minimum ventilation rate of 25 cubic feet per minute (cfm) per manicuring station should be provided (this equates to about 700ppm of carbon dioxide in the room.
- ❖ Any ventilation system should be on at all times while the shop is open.



For general questions about ventilation systems contact:

Bob Nicotera

Dept. of Labor Standards
(978) 242-1353

Robert.nicotera@state.ma.us

Need help putting the pieces together?

OSHA Consultation Program:

The Department of Labor Standards (DLS) has a **FREE** on-site consultation program where employers can request highly trained industrial health hygienists to help recognize and control potential health and safety risks in their businesses. This can include:

- ❖ Flammable Storage
- ❖ Air quality testing
- ❖ Ventilation Testing
- ❖ Hazard Communications
- ❖ Recommendations for connecting ventilated tables to exhaust outside properly

The on-site consultants will **NOT** report any findings to the Occupational Safety and Health Association (OSHA) and the visit is completely confidential. You will not be issued any citations or penalties. Send a request to the address to the right or visit the website below for more information!

<http://www.mass.gov/lwd/labor-standards/on-site-consultation-program/>

Employers can request a consultation by contacting the office below:

Massachusetts Department of Labor Standards

On-Site Consultation Program
167 Lyman Street
Westborough, MA 01581

Telephone: 508-616-0467

Email: Masscon@state.ma.us



Are there safer products to use?

Yes! There are several alternatives when it comes to nail polishes and polish remover. Unfortunately there are no safe alternatives to acrylic nails. See the chart below for a (partial) listing of “3 free” nail polishes and safe polish removers, and keep checking labels as more and more companies get rid of the chemicals in their products:

Company	Polish Base	Polish Price (according to website)	Where to buy? (in addition to company website)
Acquarella	Water	\$16	Amazon
Suncoat	Water	\$10	Whole Foods, Amazon
Honeybee Gardens	Water	\$10	Amazon
OPI	Solvent	\$10	Amazon, Sephora, Target
Zoya	Solvent	\$8	Amazon
SpaRitual	Solvent	\$10	Amazon, Zappos
Piggy Paint (for kids)	Water	\$7-\$9	Amazon, select toy stores
No Miss	Solvent	\$8	Amazon, Whole Foods
Keeki Pure and Simple	Water	\$10	Amazon, some Whole Foods
Scotch Naturals	Water	\$15	Nature's basin

Safe Polish Removers

Acquarella – water based, no acetone

Suncoat – 100% soy and corn based, no acetone

Honeybee Gardens – acetone free

Avon Nail Experts Nail Remover Wipes – Acetone free

Keeki Pure and Simple – corn based and acetone-free

What's the difference between water based and solvent based polish?

While many companies are deciding to make “3 free” polishes without the toxic trio, some are made with a water base and completely chemical free while others are made using chemical alternatives to the “toxic trio” chemicals.

Water based polishes are the safest choice, but it is more difficult to create a product that sticks to the nail bed and dries quickly, so many companies choose to stick with solvent-based polishes instead.

Because of the added difficulty in manufacturing, water based polishes are often more expensive, and they have specific instructions for application. However they are chemical free, have no odors, and are completely safe for kids and pregnant women!

Water based:



Did you know...



- ❑ Americans use an average of 10 personal care products each day, resulting in exposure to more than 126 unique chemicals—not counting the many undisclosed chemicals in “fragrance.”⁴
- ❑ FDA’s legal authority over cosmetics is different from other products regulated by the agency, such as drugs, biologics, and medical devices. Cosmetic products and ingredients are **NOT** subject to FDA premarket approval authority, with the exception of color additives.⁵
- ❑ The FDA is not authorized to require recalls of cosmetics!⁶ It is up to the manufacturer to make a voluntary recall.
- ❑ In 2003, the European Union banned from cosmetics approximately 1,100 chemicals that are known or highly suspected of causing cancer, genetic mutation or birth defects -- the U.S. has banned only eleven.⁷
- ❑ Salons with good ventilation conditions or open doors and windows have much lower levels of potentially harmful chemicals than those without⁸

What can we do about the bigger picture?

Find out more about the Campaign for Safe
Cosmetics and the work they do at
www.safecosmetics.org

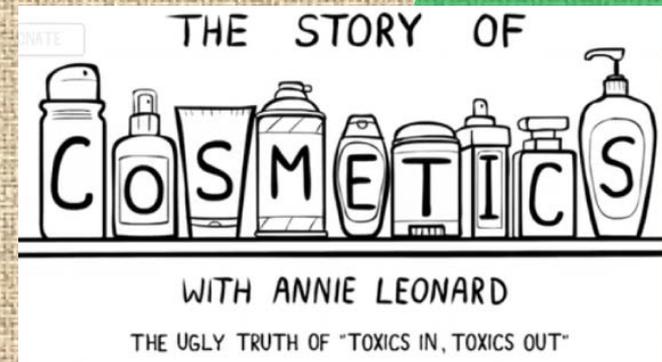
For lots of fact sheets and case studies check
out TURI's resources on salons and other
cosmetology projects at:

http://www.turi.org/Our_Work/Business/Small_Businesses/Nail_and_Hair_Salons

**Support companies
who have worked to
make safer alternative
products and tell your
friends to do the same!**



**Tell customers in your
salon you offer “3 free”
alternatives for them to
try and are working to
improve the environment
in your workplace!**



**Watch “The story of cosmetics” on
YouTube at
<http://www.youtube.com/watch?v=pfq00AF1i8> to learn more about
chemicals in different beauty
products and the lack of federal
regulation**

References for more information:

1. Centers for Disease Control. (2001) Agency for Toxic substances and Disease Registry: Toxic Substances Portal – Toluene.
<http://www.atsdr.cdc.gov/toxfaqs/TF.asp?id=160&tid=29>
2. Environmental Working Group “Beauty Secrets: The Dangers of Phthalates: Industry Spin vs. Fact.” <http://www.ewg.org/node/8174>
3. U.S. Environmental Protection Agency. (2000). Technology Transfer Network Air Toxics Website: Methyl Methacrylate.
<http://www.epa.gov/ttn/atw/hlthef/methylme.html>
4. Environmental Working Group.(2010) “Toxic Chemicals in Cosmetics: New Legislation to Prevent Exposure”.
[http://www.ewg.org/Congress Targets Chemicals In Cosmetics](http://www.ewg.org/Congress%20Targets%20Chemicals%20In%20Cosmetics)
5. FDA Authority Over Cosmetics, last updated 12/22/09. Available:
<http://www.fda.gov/Cosmetics/GuidanceComplianceRegulatoryInformation/ucm074162.htm>
6. US Food and Drug Administration. (2005) “FDA Authority Over Cosmetics”
<http://www.fda.gov/Cosmetics/GuidanceComplianceRegulatoryInformation/ucm074162.htm>
7. Campaign for Safe Cosmetics. European Laws.
http://www.safecosmetics.org/downloads/EU-CosmeticsDirective_2003.pdf
8. Brandeis University (2011) Indoor Air Quality Survey of Boston Nail Salons
<http://www.bphc.org/programs/cib/environmentalhealth/environmentalhazards/safenailsalons/Forms%20Documents/Brandeis%20University%20Nail%20Salon%20Air%20Quality%20Poster.pdf>