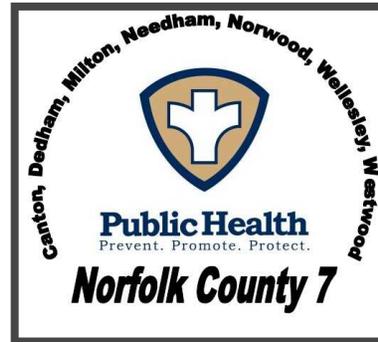


**Why is improving  
your health in a  
nail salon  
important?**

*Some of the nail-care products that you use at work, such as nail polish, polish removers, and nail hardeners, contain dangerous chemicals that could harm you if you don't use them properly*

*The three chemicals of major concern are **TOLUENE, FORMALDEHYDE, and DIBUTYL PHTHALATE**, which are referred to as the "Toxic Trio." Non-toxic products or those without the "toxic-trio" can make the air much safer to breathe.*

*Although best to avoid products with these ingredients, this brochure will help you be safer when working with chemicals in your salon.*



Dedicated to improving the health and wellness of the communities of Canton, Dedham, Milton, Needham, Norwood, Westwood and Wellesley

*This brochure is also available in Vietnamese*

*For more information and videos, visit Boston Public Health Commission's Safe Nail Salon Project at [www.bphc.org/safenails](http://www.bphc.org/safenails) and <http://vimeo.com/13862994>*

*For more locally specific information, please contact your health department*

**Improving  
Your Health  
While at Work  
in a  
Nail Salon**



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**Information, tips  
and resources to  
make your work  
environment  
cleaner and  
safer**

Sponsored by:  
Norfolk County 7 Public Health  
Coalition and the Toxics Use  
Reduction Institute—UMASS  
Lowell

# About Us



The Toxics Use Reduction Institute (TURI), based out of

UMASS—Lowell and the Norfolk County 7 Public Health Coalition (NC-7) are sponsoring this project.

TURI provides resources and tools to help make the Commonwealth a safer and more sustainable place to live and work. With their help, NC-7 is focusing on making nail salons healthier and safer places for workers and clients in the seven communities it serves.

GREENING



NAIL SALONS & COMMUNITIES

For more information on NC-7 or this project contact Megan Reeve—NC-7 Coordinator at [Mreeve@bmestrategies.com](mailto:Mreeve@bmestrategies.com)

## What can you do to be safe at work?

1

Avoid the “toxic trio” of Toluene, Dibutyl Phthalate and Formaldehyde



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 yourself 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 with a tight fitting lid.



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