

Pregnancy and the Salon

What about My Pregnant Client's?

When your clients believe they are pregnant, one of the first questions they will ask is, "Can I keep wearing my enhancements during my pregnancy?"

The answer is yes; of course they can safely wear any type of artificial coating nails including those that extend the length of the natural nail! There is absolutely no reason to believe that wearing any type of nail enhancement is harmful during pregnancy. The nail plate is inherently difficult to penetrate and these nail coatings polymerize (hardens) within three minutes, eliminating the chance for penetration beyond top most layers of the nail plate. In addition, the amount of salon chemical exposure that clients receive during nail services is minuscule and will create no risks to your pregnant clients.

Working While Pregnant

Nail technicians have significantly higher levels of exposure to salon products. This makes sense, because they use them every day. Does this mean then, that when nail technicians become pregnant, they have to quit the salon? Of course not! But if they aren't working safely, they should make changes to their daily work habits and routines.

No matter what your occupation, when you become pregnant, you should follow the advice of your doctor. To get the best advice, provide your doctor with the Safety Data Sheets (aka MSDS) for each of your professional products. A well informed physician will usually advise mothers-to-be to avoid both alcohol and tobacco. That's because studies have shown that in some cases alcohol and tobacco products may cause abnormal fetal development. Fortunately, scientific studies indicate that the ingredients used in artificial nail coatings are NOT likely to be harmful to expectant mothers. To put things in their proper perspective; smoking is many thousands of times more dangerous during pregnancy than anything a nail technician may be exposed to in the salon.

The key to working safely is to avoid long-term excessive exposure to your professional products. That's a lot easier to do than some might imagine. It's amazing how easy it is to reduce exposure. In fact, there are many simple things that can be done in the salon to improve work safety. Here is a list of suggestions to get you started on the road to working safer:

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- Throw all trash into metal containers with self-closing lids to minimize evaporation.
- Empty your trash often, especially if it contains monomer or solvent soaked table towels.
- It is important to always follow product directions exactly and heed “all” warnings.
- Avoid touching monomer, UV gels, wrap resins, adhesives or primers directly to skin.
- Wear disposable nitrile gloves to prevent excessive skin contact.
- Wash your hands often; between every client and before eating.
- Keep products tightly closed and use a dampen dish cover to minimize evaporation.
- Take frequent breaks to stretch, exercise and make sure to step outside occasionally for some fresh air.
- Wear a well fitted, disposable N-95 rated dust mask when filing, especially if using an electric file. Use of “drill oils” can also help prevent excessive exposure to dusts.
- Make sure the ventilation in your salon is properly working and adequately supplying fresh air.
- Use source capture ventilation to eliminating dust and vapors before they enter your breathing zone. This is the most effective type of salon ventilation available.
- Talk to your doctor if you're experiencing any work related symptoms such as unusual weakness or lightheadedness, etc.

Of course there are many other things you can do to improve salon safety. To learn more about working safely or just to learn more about your salon products visit www.DougSchoon.com.

You can also get more valuable info and ask questions by joining him on Facebook.

<https://www.facebook.com/doug.schoon>

Making positive changes in your work habits to improve safety will benefit you for the rest of your career. Your clients will benefit from your knowledge as well, so learn as much as you can about improving safety, as pass it on. Others will benefit from your knowledge.

Updated: 4/25/14