

Keep Material Safety Data Sheets for nail salon products.



Material Safety Data Sheets (MSDS) tell you about harmful chemicals in the products you use at work and how to protect yourself. Your employer must have an MSDS for each product that has harmful chemicals and must keep it where you can read it.

Your employer can get Material Safety Data Sheets from chemical suppliers.



Credits

This is an Oregon OSHA Standards and Technical Resources publication, produced with help from the **Oregon Collaborative for Healthy Nail Salons (OCHNS)**. OCHNS works to improve the environmental health of nail salon workers and customers through education and outreach.

OCHNS member organizations:

- Center for Research on Occupational and Environmental Toxicology (CROET)
- Immigrant and Refugee Community Organization (IRCO)
- Multnomah County Health Department
- Oregon Department of Environmental Quality
- Oregon Health Licensing Agency (OHLA)
- Oregon OSHA
- Organizing People-Activating Leaders (OPAL)
- Zero Waste Alliance

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This guide is for you ... if you are one of the 14,500 nail technicians working in Oregon today.



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!

How can nail-care products harm you?

Nail polish and nail hardeners

Nail polish and nail hardeners can irritate your eyes, skin, and lungs. Prolonged exposure can cause birth defects. Try to avoid breathing fumes from nail polishes that contain toluene, formaldehyde, or phthalates.

DO NOT use any products that contain methyl methacrylate (MMA).



Nail polish removers

Nail polish removers are extremely flammable and can cause headaches, nausea, and dizziness.



What can you do to be safe at work?

1



Don't eat or drink at your work station. Chemicals and nail dust can get on your face and your food and cause skin rashes or other health problems if you swallow them.



2

Wash your hands, arms, and face with mild soap several times a day to clean off chemicals. Always wash your hands before you eat or smoke.



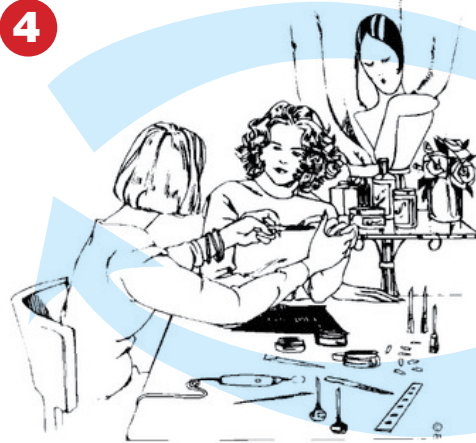
3



Don't smoke or allow clients to smoke in the salon. Many salon products are flammable.



4



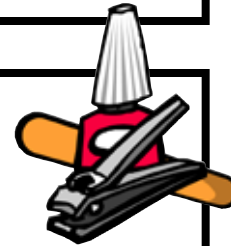
Make sure that your salon has plenty of fresh air circulating so that you're not exposed to chemical fumes.

5



Wear safety glasses or goggles to protect your eyes from acrylic chips that can fly off when you remove artificial nails and from splashes when you use liquid chemicals.

A dust mask protects your lungs from acrylic dust.



6

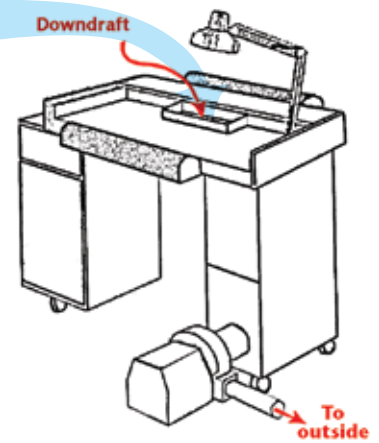
Wear thin vinyl or nitrile gloves and long sleeves to protect your skin from acrylic dust.

Avoid latex gloves which can cause an allergic reaction in some people.



7

Use a table that has a built-in ventilating fan. The fan vents contaminated air outside the salon so that it doesn't harm you or your customers.



8



Use a dispenser bottle that has a small opening — just large enough for the application brush to enter.

9

When you are done with them, put chemical-soaked gauze pads in a metal can that has a tight-fitting lid.



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

