Products to be aware of

Products	Substances to Watch out for	Short Term Effects
Nail Polish	Toluene Dibutyl Phthalate (DBP) Formaldehyde Ethyl Acetate Isopropyl Acetate	 Irritation of the eyes, skin, throat, mouth and nose Headaches Dizziness Nausea Allergic reactions of the skin
Nail Polish Remover	Acetone Acetonitrile Butyl Acetate	 Irritation of the skin, eyes and throat Nausea Dizziness Headaches
Nail Hardener	Formaldehyde	 Irritation of the eyes, skin and throat Difficulty breathing Allergic reactions of the skin
Nail Glue	Toluene Ethyl Acetate	 Dry and cracked skin Irritation of the eyes, nose and throat Headaches Dizziness

*Depending on the duration and level of exposure, more serious long-term effects can occur (cancer, liver damage and kidney damage, fatigue, weakness, complications during pregnancy)



Types of exposure

Through Breathing

It is the most common route for penetration. Multiple products used in nail salons contain volatile substances, or in other words substances that can quickly evaporate under normal temperature. Breathing this contaminated air allows multiples products to infiltrate the body.

Skin contact

Skin contact is the second most important route of entrance for chemicals. In general, liquid products can pass through this barrier. Some are more penetrating than others. The extent of penetration also depends on the exposure time with the skin and the presence of any cuts or wounds.

Ingestion

To a lesser extent, very small amounts of product can be swallowed without even knowing. For example, the consumption of contaminated foods or the direct or indirect contact between your hands and your mouth can lead to an accidental ingestion of chemical products.

Contact with the eyes

The eyes are another route of entrance for very small amounts of chemical products used in the working environment. Products in the form of gas, dust or liquid can penetrate through this route.

> Once inside the body, the effects can be local or systemic. Local effects are limited to the site of exposure (eg: burning sensation, itching, ect). Systemic effects appear at other parts of the body due to the absorption of product into the bloodstream (eg: headaches, dizziness, nausea, ect). Absorption into the bloodstream can occur regardless of the route used by the product to enter the body.









How to minimize exposure

Through Breathing

- Keep product lids closed when not in use
- Do not use large amounts of product if unnecessary
- Keep products in smaller containers rather than using commercial formats
- Throw waste in a closed garbage bin and empty it frequently
- For waste soaked in product, store it in a sealed container (eg: plastic bag) before throwing it.

Skin Contact

- > If an accidental spill occurs, wash the affected area immediately
- Wear clothing that limits skin exposure such as long-sleeved tops, bottoms that are at least knee length, ect.
- Close all product lids that are not in use to prevent spillage

Ingestion

- Wash hands before and after meals
- Do not eat at your workplace
- Store all foods and beverages away from your workspace and chemical products

Contact with the eyes

- Wash hands after each client
- Avoid rubbing your eyes directly with your hands (use a tissue instead)
- Keep your head at an appropriate distance when working on a client or when handling chemical products

Protection Tools

Mask

Masks protect you from dust and germs present in the air. A mask should be worn while working with artificial nails or while manipulating acrylic powders.

Long Sleeved Smocks

Smocks are used exclusively at work. Not only do they protect you, but they also help keep your clothes clean!



Gloves

Nitrile gloves are the best choice to protect your hands while manipulating nail polish remover, glue or nail polish



Safety glasses

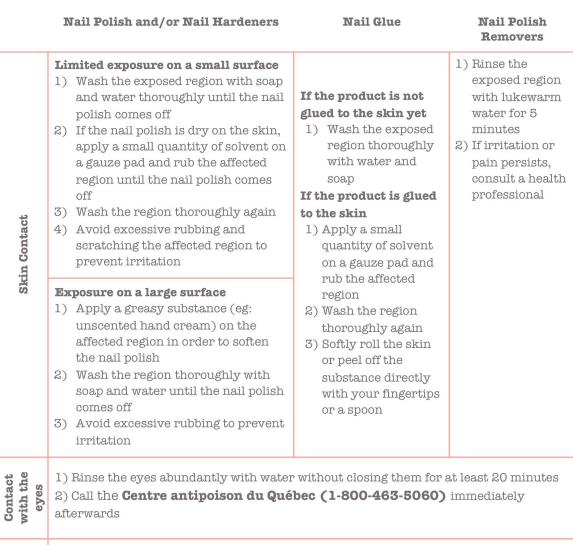
These glasses protect your eyes against dust, liquids and chemical fumes



Storage and accident management

Storage for all products

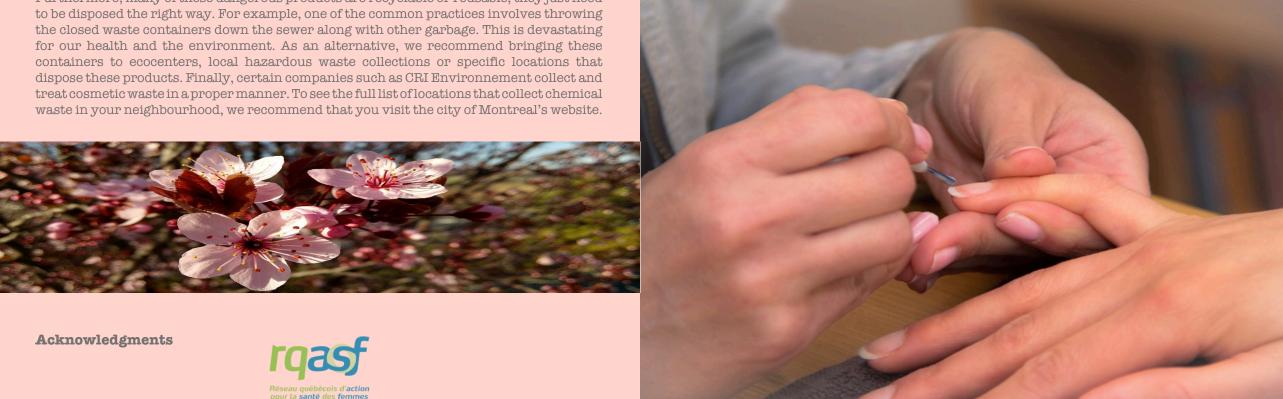
These products and their vapor are highly flammable. Risks of fire are possible if these products are exposed to a spark, a heat source or an electric discharge. Ideally, choose a place away from heat sources and from light to avoid the risk of fire.



By following the hazardous waste regulations for the disposal of chemical waste, workers help the environment by reducing the emission of chemicals that could potentially harm the ecosystem (or end up in air, soil and in water)

Cosmetic waste management

Furthermore, many of these dangerous products are recyclable or reusable; they just need





http://rqasf.qc.ca/

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Pharmacy students at the Université de Montréal

To download this document or to consult the references, visit: www.rqasf.qc.ca

1) Wash and rinse the mouth with water

2) Do NOT induce vomiting

3) Call the **Centre antipoison du Québec (1-800-463-5060)** immediately afterwards



For a better health at your fingertips !

> There are many cosmetic products used in nail salons. Here are certain risks related to their exposure and how to prevent them.