

Manicures & Pedicures

Infection Prevention and Control Information for Operators

What is the Health Risk?

Instruments and equipment used for manicures and pedicures may become contaminated with blood or body fluid that contains blood-borne infections such as hepatitis B, hepatitis C and HIV. Other infections, such as fungal or bacterial infections, may occur if equipment is not properly cleaned and disinfected.

You do not have to see blood or body fluids on instruments, equipment or surfaces for an infection to occur.

Protect Yourself

- Wash your hands well before and after each client. Use liquid soap under warm running water and then dry with a disposable paper towel.
- Clients should wash their hands with liquid soap and warm water before a manicure.
- Alcohol-based hand rubs can be used as an alternative to hand washing if hands are not visibly soiled.
- Discard sharps immediately after use into an approved sharps container labeled “biohazard.”
- Keep your vaccinations up-to-date:
 - Hepatitis B vaccine – 3 doses
 - Tetanus vaccine – every 10 years
 - Influenza vaccine – every year

Protect Your Clients

- Have all required supplies for service available and within reach before starting service.
- Examine the client’s nails for infection before starting the procedure. If an odd colour such as yellow-green appears on the nail, **do not** provide nail service. Advise the client to see a doctor.
- Instruments such as scissors, clippers, diamond nail files and nail brushes must be cleaned and disinfected using an intermediate- or high-level disinfectant between each client. See **Disinfection of Instruments and Equipment** chart.
- Store multi-use instruments that have been cleaned and disinfected in a clean drawer or container with a lid to prevent contamination.
- Instruments such as emery boards, buffer blocks, toe spreaders, and pumice stones are single-use disposable items and must be thrown out after each client.
- Blades used on thickened or calloused skin can only be used once. They must be placed into a sharps container immediately after use.
- Paraffin wax treatments must be done so no amount of wax comes in contact with more than one client.

- Clean and then disinfect work surfaces (e.g. manicure tables) using a low-level disinfectant after each client **OR** use a clean, single-use covering (e.g. towel) on the work surface for each client.
- If a single-use covering is used on the work surface, clean and disinfect the surface at least once daily using a low-level disinfectant.
- Footrests, tables, etc. must be cleaned and disinfected using a low-level disinfectant at least once a day.
- Clean and then disinfect foot-spas as outlined in the **Steps for Cleaning and Disinfecting Foot-spas** information sheet.
- Avoid piercing the client's skin, especially when cutting cuticles or filing the nails. If an accident involving blood exposure occurs, use a high-level disinfectant on equipment.
- Keep accidental blood exposure records on site for a minimum of one year and on file for a minimum of five years. Records must include the following information:
 - First and last name of person exposed
 - Address and phone number of person exposed
 - First and last name of personal service worker involved
 - Date of injury
 - Site of injury
 - Circumstances surrounding incident
 - How equipment was cleaned and disinfected following incident
 - Action taken

**For more information please contact the Infectious Disease Control Team at
519-663-5317 ext. 2330 or go to www.healthunit.com**

Source:

Ontario Ministry of Health and Long-Term Care. (2009). *Infection prevention and control best practices for personal services settings*. Retrieved from http://www.health.gov.on.ca/english/providers/program/pubhealth/oph_standards/ophs/progstds/pdfs/pss_p_2008.pdf

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