

Massage/Reflexology

Infection Prevention and Control Information for Operators

What is the Health Risk?

Work surfaces and equipment used for massage/reflexology may become contaminated with blood or body fluid that contains blood-borne infections such as hepatitis B, hepatitis C or 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.
- Alcohol-based hand rubs can be used as an alternative to hand washing if hands are not visibly soiled.
- Ensure you use effective barriers to protect yourself from body fluid exposures.
- Ensure the area of the clients' body you will be working on is free from any cuts, wounds, rashes or visible infections.
- Keep your vaccinations up to date:
 - Hepatitis B vaccine – 3 doses
 - Tetanus vaccine – every 10 years
 - Influenza vaccine – every year

Protect Your Clients

- Linens, robes, towels or sheets must be laundered between clients.
- Clean and disinfect headrests, worktables and chairs between clients using a low-level disinfectant. See **Disinfection of Instruments and Equipment** chart.
- Single-use applicators or pump dispensers must be used when dispensing lotion that will be applied directly to the skin. “Double-dipping” is not allowed.
- Single-use, disposable items and reusable instruments/equipment must be stored in a sanitary manner (e.g. covered container).

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/pssp_2008.pdf

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