



## Are you adequately protected?

### Did you know that:

#### Products used in nail salons may contain chemicals that can affect worker

**health.** Using these products can expose nail salon workers to chemicals. Workers may breathe in the harmful vapors, dusts, or mists; get the product on their skin or in their eyes

Many Nail Techs are exposed to these harmful chemicals daily and many of these potentially hazardous chemicals are known carcinogens (cancer causing agents). Some of the types of products they can be found in, and how they can affect a worker include:

**Acetone** (nail polish remover): headaches; dizziness; and irritated eyes, skin, and throat.

**Acetonitrile** (fingernail glue remover): irritated nose and throat; breathing problems; nausea; vomiting; weakness;

**Butyl acetate** (nail polish, nail polish remover): headaches and irritated eyes, skin, nose, mouth, and throat

**Dibutyl phthalate (DBP)**, (nail polish): nausea and irritated eyes, skin, nose, mouth, and throat. Long-term exposures to high concentrations may cause other serious effects.

**Ethyl acetate** (nail polish, nail polish remover, fingernail glue): irritated eyes, stomach, skin, nose, mouth, and throat; high levels can cause fainting.

**Ethyl methacrylate (EMA)**, (artificial nail liquid): asthma; irritated eyes, skin, nose, and mouth; difficulty concentrating. Exposures while pregnant may affect your child.

**Formaldehyde** (nail polish, nail hardener): difficulty breathing, including coughing, asthma-like attacks, and wheezing; allergic reactions; irritated eyes, skin, and throat. Formaldehyde can cause cancer.

**Isopropyl acetate** (nail polish, nail polish remover): sleepiness, and irritated eyes, nose, and throat.

**Methacrylic acid** (nail primer): skin burns and irritated eyes, skin, nose, mouth, and throat. At higher concentrations, this chemical can cause difficulty breathing.

**Methyl methacrylate (MMA)**, (artificial nail products, though banned for use in many states): asthma; irritated eyes, skin, nose, and mouth; difficulty concentrating; loss of smell.

**Quaternary ammonium compounds** (disinfectants): irritated skin and nose and may cause asthma.

Toluene, formaldehyde, and dibutyl phthalate are sometimes referred to in the industry as the "**toxic trio**".

**Toluene** (nail polish, fingernail glue): dry or cracked skin; headaches, dizziness, and numbness; irritated eyes, nose, throat, and lungs; damage to liver and kidneys; and harm to unborn children during pregnancy.

### The good news is:

#### These Chemical exposures can be controlled

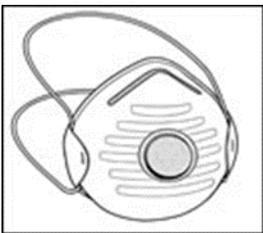
Whenever possible, use products with the least hazardous chemicals in them.

*Ventilate the Room to Remove Chemicals in the Air. Ventilation is the best way to lower the level of chemicals in a salon!*



**Many nail techs believe they are using good safety measures but are not aware that their efforts may not be enough.**

## **Did you know that**



Using a proper mask to protect workers from chemicals or nail-filing dust would help to reduce over exposure. Paper dust masks (like those most often seen in a salon), however, only protect the wearer from some dusts but not chemicals. Dust masks must be NIOSH-approved. Dust mask protect workers from particulates, such as dust, viruses, and other germs, and are helpful when buffing or filing nails or using acrylic power. However, they do not protect workers from vapors or gases, such as hazardous chemicals.

In order to protect yourself from inhaling harmful vapors you need.

**Half-facepiece elastomeric respirators with cartridges:** These respirators can protect workers from hazardous gases and vapors (such as formaldehyde) when performing tasks such as moving chemicals from large bottles to smaller bottles and cleaning up large spills.



## **Did you know that**

Gloves should be worn at all times throughout the process. And not your regular latex gloves but wearing nitrile gloves (not latex or vinyl) could help shield workers from chemical exposures.



## **Did you know that**

The danger of using or interacting with these harmful chemicals is that some may cause deterministic effects which mean you may present symptoms of exposure almost immediately (allergic reactions, breathing problems, skin irritation, etc) while some may manifest stochastically decades later in the form of cancer.