



How can I follow the best practices in my salon?

Leaning over a worktable all day can cause aches and pains. This puts you at risk for having injuries related to your muscles and bones. Ergonomics is the science of being as comfortable and efficient as possible. Some pains can come from:

- Doing repetitive movements such as filing and buffing nails
- Resting hands, wrists, forearms, or elbows against the edges of worktables
- Leaning over a work table for long periods of time

Resources

OSHA Nail Salons

<https://www.osha.gov/SLTC/nailsalons/>

Asian Health & Services Center

<http://www.ahscpdx.org/>

National Healthy Nail and Beauty Salon Alliance

<http://nailsalonalliance.org/>



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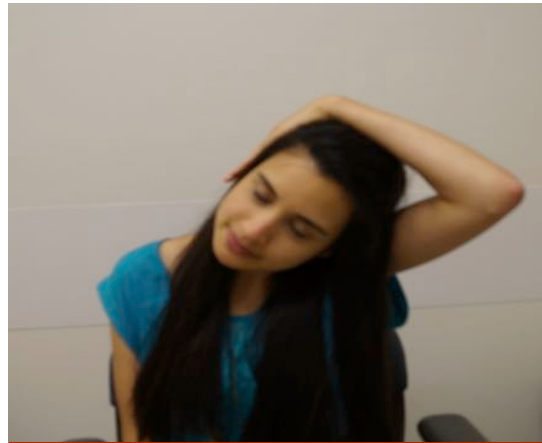
Ergonomics in the Nail Salon



What can I do to reduce aches and pains?

Make your workstation more comfortable by doing the following:

- Use an adjustable chair
- Adjust the lighting so you don't need to bend over to see your clients nails
- Use safety glasses with magnifying lenses
- Put a towel or foam pad on the edge of the table to protect your forearms, wrists, and elbows
- Use soft pads on your tool handles



Stretch

When you don't have enough time to take a break and are feeling tense, stretch your neck, raise your arms, open your hands and stretch your fingers, stretch your back and rotate wrists to reduce stress.



Body Ergonomics and Posture

When sitting, make sure you:

- Don't lean forward or backward; have a neutral spine.
- Have enough space between the back of your knees and the front edge of the chair to ensure proper blood flow to the legs.

Take frequent breaks.

- Changing positions and switching your tasks is a good way to keep your body from becoming tense.



For more information about Ergonomics Best Practices, visit <http://www.osha.gov/SLTC/nailsalon/musclestrains.html>