



Guidelines & Standards For Personal Services in Algoma

Preventing Diseases in Clients & Workers

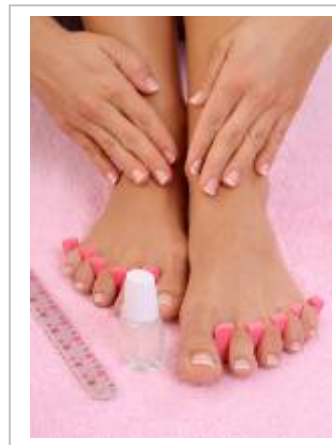


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Introduction

The Personal Services industry has grown in popularity and demand. It includes services such as manicures, pedicures, waxing, hair cutting, tanning, ear piercing, and massage to name a few.

Services that, at one time were fairly rare, such as tattoos and body piercing, are now popular with all ages.

Personal services are personal and as such involve activities that can transmit diseases to workers and to clients. They can also result in serious injury.

Some activities pose a risk of blood-borne diseases such as Hepatitis B and HIV, and some activities pose a risk of skin diseases. Some of the diseases can be life threatening. Transmission of disease can result between workers and clients, and from items and surfaces that are not properly cleaned and disinfected or sterilized.

The Ministry of Health and Long Term Care requires local public health units to inspect personal service businesses to ensure standards and procedures are in place to protect clients and workers. Personal services are subject to the Health Protection and Promotion Act and the best practices outlined in this guide.

Businesses and operators must take precautions while providing personal services to protect their clients and workers. Public health inspectors inspect businesses to identify health hazards and ensure compliance with safe practices. Inspectors have authority to seize items that pose a health hazard, issue Orders for action for protection or closure, and issue Summonses to court for non-compliance issues. Upon conviction, fines can be as high as \$5000 per day.

To promote awareness of safe practices, Algoma Public Health has compiled the Guidelines and Standards for Personal Services in Algoma to help businesses and operators meet the requirements.

If you have questions or need clarification, call a Public Health Inspector at your local Environmental Health office of Algoma Public Health.

DEFINITIONS

Approved sharps container	A dedicated, puncture resistant, tamper-resistant, leak-proof container, which is impenetrable by sharps. It should have a tight-filling lid and bear a clearly identifiable biological hazard label. Ensure that the supplier of the container will dispose of the container when $\frac{3}{4}$ full.
Acquired Immunodeficiency Syndrome (AIDS)	A broad spectrum of diseases caused by Human Immunodeficiency virus (HIV) ranging from asymptomatic infection to advanced clinical disease, which is characterized by acquired immunosuppressant.
Acupuncture	The remedial use of long thin needles that are inserted into the skin on specific “energy points” of the body. After shallow insertion, they may be gently rotated as part of the process.
Antiseptic	A chemical agent that destroys micro-organisms on human skin or mucosa
Applicator	A device for applying a substance. Includes a single-use, disposable spatula or a similar device.
Aseptic technique	The absence of pathogenic (disease producing) organisms.
Bacteria	A single cell micro-organism that may cause disease in plants, animals or humans.
Blood-borne infections	Infections (e.g., HIV, Hepatitis B virus (HBV), Hepatitis C virus (HCV) infections) spread through contaminated blood or other body fluids, including semen, vaginal secretions or saliva.
Body fluid	Human body fluids include such things as blood, semen, saliva, sputum and body tissue. Persons who come into contact with human body fluids may be exposed to a number of potential health risks. Of particular concern are HBV, HCV and HIV.

CLASSIFICATION OF DEVICES

- Critical equipment/devices:	Equipment/devices that enter sterile tissues, including the intact skin (e.g. body piercing, jewellery, tweezers used to remove ingrown hairs, etc.). Critical equipment/devices present a high risk of infection if the equipment/device is contaminated with any microorganisms, including bacterial spores. Reprocessing critical equipment/devices involves meticulous cleaning followed by sterilization. Items such as needles and razors may not be reused.
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- Semi-critical equipment/device:	Equipment/device that contacts with intact skin but may accidentally penetrate them or mucous membranes (e.g. tweezers, clippers, files, etc.). Reprocessing semi-critical equipment/devices involves meticulous cleaning followed by, at a minimum, intermediate level disinfection.
- Non-critical equipment/device:	Equipment/device that either touches only intact skin (but not mucous membranes) or does not directly touch the client. Reprocessing of non-critical equipment/devices involves cleaning and may also require low-level disinfection (e.g. table, bench, etc.).
Cleaning	The physical removal of organic matter and debris from objects, usually done using water, detergent and friction. This process removes microorganisms primarily by mechanical action but does not destroy those remaining on the object.
Contamination	The presence of an infectious agent on a surface, cloths, instruments, dressings or other items or substances including water.
Controlled Act	Under the Regulated Health Professions Act, a controlled act includes but is not limited to: performing a procedure on tissue below the dermis or below the surface of a mucous membrane and applying or ordering the application of a form of energy on any part of the body.
Cross-contamination	The transfer of an infectious agent from a contaminated source to a non-contaminated source. For example, using a multi-use nail file on several clients without cleaning or disinfecting it.
Disinfectant	A substance used on inanimate objects that destroys bacteria, fungi, viruses and some bacterial spores depending on the level of the disinfectant and the contact time used.
Disinfection	A process that kills or destroys most disease-producing microorganisms, with the exception of high numbers of bacterial spores. There are different levels of disinfection.
High-level disinfection	The level of disinfection required when processing some semi-critical equipment/devices. High level disinfection processes destroy vegetative bacteria, mycobacteria, fungi and enveloped (lipid) and non-enveloped (non-lipid) viruses, but not necessarily bacterial spores. Equipment/devices must be thoroughly cleaned prior to high level disinfection
Intermediate-level disinfection	Level of disinfection required when processing some semi-critical equipment/devices. Intermediate-level disinfection kills mycobacteria, most viruses, and bacteria. Equipment/devices must be thoroughly cleaned prior to intermediate level disinfection.
Low-level disinfection	Level of disinfection required when processing non-critical equipment/devices or some environmental surfaces. Low-level

disinfectants kill most vegetative bacteria and some fungi as well as enveloped (lipid) viruses. Low-level disinfectants do not kill mycobacteria or bacterial spores. Equipment/devices must be thoroughly cleaned prior to low-level disinfection.

Electrolysis

The removal of hair from the body by inserting a solid needle into the hair follicle where the hair shaft emerges. An electric current is passed through the needle to destroy the hair follicle and the hair is removed with tweezers.

Hand Hygiene

A process to remove or destroy micro-organisms on hands. Can be done with soap and running water or an alcohol-based waterless agent, provided hands are not visibly soiled.

Hepatitis B virus (HBV)

An infection of the liver caused by the hepatitis B virus.

Hepatitis C virus (HCV)

An infection of the liver caused by the hepatitis C virus.

Human immunodeficiency virus (HIV)

The virus that causes Acquired Immunodeficiency Syndrome.

Infection

Entry into and multiplication of infectious microorganisms within the body.

Infection prevention and control

The process of minimizing the risks of spreading infection.

Infectious disease agent

Microorganisms such as viruses, bacteria, or fungi that are capable of producing disease. (Also referred to as "pathogens").

Infectious waste

All waste which could potentially be contaminated with disease-causing microorganisms, (i.e. bacteria and/or viruses).

Instrument

An item or piece of equipment used during the process of carrying out personal services.

Invasive instrument

Any instrument designed to penetrate the skin.

Invasive procedure

Any procedure intended to break the skin (e.g. tattooing, micro pigmentation, piercing, electrolysis, acupuncture, etc.).

Micro pigmentation

The permanent imprinting of cosmetic shading also known as "permanent makeup" or "cosmetic tattooing" using different coloured inks or pigments. The process is similar to tattooing and may be done using either a traditional tattoo machine or an implanter.

Mucous membrane

Moist tissue that lines some organs and body cavities (such as nose, mouth, lungs) and secretes mucous (a thick fluid).

Mycobacterium

A bacteria with over 50 species, of which at least 20 have been reported to cause disease in humans. This bacteria has been isolated from various sources including water, birds, animals and soil. The main concern in personal services is skin infections caused by hydrotherapy foot baths.

Personal service settings (PSS)	Places where aesthetic services such as body piercing, tattooing, hairdressing salons (etc.) are delivered.
Personal service worker (PSW)	A person who provides personal services.
Piercing	The perforation of a client's body and the attachment or insertion of jewellery. It can be done with a piercing needle, a piercing gun, a trocar and cannula, a dermal punch, or a scalpel.
Puncture	Accidental or intentional penetration (break) through the skin or other body tissue.
<i>Regulated Health Professions Act (RHPA)</i>	The Act governing certain self-regulated groups of healthcare professionals. The PSSP does not cover services, such as mole or ingrown nail removals, provided by professionals regulated under this Act. This would include services provided by physicians, nurses, physiotherapists, registered massage therapists, chiropractors, etc.
Routine Practices	The Health Canada/Public Health Agency of Canada term to describe the system of infection prevention and control practices recommended in Canada to prevent and control transmission of microorganisms. In the United States these are called Standard Precautions. These practices describe prevention and control strategies to be used with all clients during all care.
Settings	Refers to the establishment or business of a personal service activity.
Sharps	Any item that may penetrate the skin (e.g. needles, blades, lancets, razors, scalpel, etc.).
Single-use (disposable) items	Any instruments or items that are designed to be used once and then discarded as they cannot be adequately cleaned and disinfected or sterilized.
Spores	A form assumed by some bacteria that is resistant to heat, drying and chemicals. Under the right environmental conditions, the spore may revert to the actively multiplying form of the disease.
Sterilization	The level of reprocessing required when processing critical equipment/devices. Sterilization results in the destruction of all forms of microbial life including bacteria, viruses, spores and fungi. Equipment/devices must be cleaned thoroughly before effective sterilization can take place.
Styptic pencil	A medicated stick, often made of alum that may be applied to a wound or cut to stop bleeding. The stick must never come into contact with the wound or open cut. Coagulant products must be applied so that the applicator is either disposable or the reusable applicator is not contaminated.

Tattooing

The permanent or indelible imprinting of a decorative design into the skin. Tattoo needles on the end of a reciprocating needle bar are used to puncture the skin or mucosa and introduce different coloured inks or pigments.

Virus

A micro-organism that can only replicate within living host cell.

What are Bloodborne Diseases?

- Blood borne diseases are diseases transmitted through blood and body fluids such as semen, vaginal secretions and in some cases, saliva.
- Diseases such as **Hepatitis B**, **Hepatitis C** and **Human Immunodeficiency Virus (HIV)** are spread by exposure to infected blood or body fluids.

Facts on Common Bloodborne Diseases:

- The Hepatitis B virus can survive on surfaces such as metal, cotton, glass, etc. for 1-2 weeks.
- An individual infected with Hepatitis B, Hepatitis C or HIV may not show symptoms of illness right away, but are still infectious!
- There is a vaccine that will protect you from getting Hepatitis B.
- There are no vaccines to protect you from getting Hepatitis C or HIV.
- Hepatitis B and Hepatitis C affect the liver, while HIV affects the body's immune system.
- Hepatitis B is more infectious than HIV.

How are Bloodborne Diseases Transmitted?

- You and your clients may risk getting these diseases by using instruments or equipment carrying infected blood or body fluids from one person to another.
- Improper cleaning and disinfection or sterilization of instruments/equipment after each client may cause diseases to be transmitted or microorganisms to be spread.
- Instruments that penetrate the skin, such as needles, have a higher potential of transmitting blood borne diseases.

Protect Yourself and Your Clients...

- Thoroughly wash hands before and after each client (using liquid soap and warm water).
- Single-use, disposable gloves must be worn for invasive procedures. Wash hands before and after using gloves.
- Single-use, disposable, blades and sterile needles must be used.
- **Clean** and then **disinfect** items that come into contact with blood or body fluids using a high level disinfectant as soon as possible.
- Items that penetrate the skin must be sterile and discarded immediately after use.
- Items which hold sterile items must be cleaned and disinfected or sterilized, or discarded after each client **Requirements for Cleaning, Disinfection and Sterilization**, page 16.
- Get vaccinated against the Hepatitis B virus. Ask your doctor for more information about the Hepatitis B vaccine.



PROCEDURE TO PREVENT BLOODBORNE DISEASE AFTER BLOOD/BODY FLUID EXPOSURE

Care must be taken to prevent accidental puncture wounds and abrasions to the worker and clients from needles, razors, glassware or other instruments not intended to pierce the skin. Should such an incident occur:

1. Wear single-use gloves prior to handling or dressing the wound.
2. Wash the exposed skin surface with water and soap. If the area is bleeding, allow it to bleed freely. After cleaning the wound, apply a skin antiseptic, such as 70% isopropyl alcohol, and cover with a clean dressing or bandage.
3. If there has been a splash on to a mucous membrane, flush the area thoroughly with water.
4. The person exposed should **immediately** contact a physician for assessment of the need to receive post-exposure treatment or prophylaxis.
5. The worker shall document all incidents and keep records on site for a minimum of one year, and on file for 5 years.

Accidental exposures to blood or body fluids to the client or operator are to be documented. A **record** of the incident must be kept by the owner or operator of the establishment including:

- a) Name (first and last), complete mailing address and phone number of the person exposed.
- b) Name of worker (first and last) involved in the incident.
- c) Date of injury.
- d) Site of injury.
- e) Circumstances surrounding the injury.
- f) Action taken.

The PSS owner must keep records on site for a minimum of one year, and on file for a minimum of 5 years.

Cleaning Work Surfaces Contaminated with Blood/Body Fluids

- Wear single-use gloves during cleaning and disinfection processes.
- Surfaces that have become contaminated with blood or other body fluids must be wiped up as soon as possible while wearing gloves using a disposable cloth or paper towel. The surface must then be washed with soap and water, rinsed and then disinfected with a high/intermediate level disinfectant, ensuring sufficient contact time. Refer to **Disinfection Levels Required for Instruments & Equipment**, page 19.
- Cloths, gauze or paper towels used for wiping up blood or other body fluids must be discarded in a plastic bag, tied shut, to be placed in regular garbage.

SKIN DISEASES

What Skin Diseases are Associated with Personal Services?

- Diseases that infect the skin can cause boils, sores, rash, and infection. Serious complications can lead to gangrene, which may result in amputation.
- Disease can be caused by micro-organisms.

Some Facts on Skin Diseases:

- Some infectious organisms can be resistant to antibiotics.
- Some skin disease organisms can survive on surfaces such as metal, cotton, and glass, etc. for several days.

How are Skin Diseases Transmitted?

- Transferred to skin by direct contact with dirty surfaces, equipment, contaminated products, hands or water.
- Improper cleaning and disinfection or sterilization of instruments/equipment/contact surfaces or failing to discard disposable items after each client may cause disease to be transmitted or micro organisms to be spread.
- The likelihood of infection increases if the skin is broken. Some people have had significant infections occurring after their shaved legs were soaked in improperly cleaned foot thrones.

Protect Yourself and Your Clients

- Thoroughly wash hands before and after each client (using liquid soap and warm water).
- Single-use, disposable gloves must be worn for each client during invasive procedures or when contacting non-intact skin and discarded after each client. Wash hands before and after using gloves.
- Do not double-dip products, such as wax, cuticle oil, creams and lotions.
- Discard single-use items after each client.
- Properly clean and disinfect contact items after each client.
- Properly clean and disinfect foot baths after each client.

Note: Personal Service Worker (PSW) who have dermatitis or skin lesions should refrain from direct client care and from handling client equipment until the condition is healed, unless appropriate barriers can be worn.



PHYSICAL ESTABLISHMENT REQUIREMENTS

Work Areas

- Clean, well lit, in good repair.
- Appropriately equipped.

Contact Surfaces

- Counters, tables, trays, lamps, magnifiers, chair/chair arms to be smooth, non-absorbent, cleanable and in good repair.
- Surfaces should be considered contaminated after contact by client or worker.
- Clean and/or disinfect as appropriate (see **Disinfection Levels Required for Instruments & Equipment**, page 19)

Walls and Flooring

- Smooth, non-absorbent, cleanable.

Hand Washing Sink

- Hot and cold potable running water connected to an approved sewage system.
- Conveniently located near work area, at least 1 metre from clean/sterile items and storage.
- Supplied with:
 - ✓ Single-use (cloth or paper) hand towels in a dispenser.
 - ✓ Liquid soap in a single-use disposable container (or re-useable containers must be cleaned and disinfected with a low level disinfectant).
- Unobstructed when personal services are provided.
- Must not be in a washroom that is shared with another premise (such as a mall washroom).

Cleaning Sink

- Hot and cold potable running water.
- Conveniently located.
- Large enough to hold largest item of equipment to be cleaned.
- May be used for both hand washing and cleaning if all requirements are met.

Storage

- Sufficient area to store clean and/or sterile items in a sanitary manner.
- Workers personal items (nail clippers, single-use nail files, etc.) are to be clearly labeled and stored separate from all equipment and supplies used on clients.

Personal Protective Equipment for Cleaning

- Scrub brush with sufficient guard to protect hands is required to clean multi-use items.
- Wear thick rubber gloves to protect hands.
- Consider wearing plastic or vinyl aprons to protect work clothing.
- Consider wearing safety glasses, goggles, or a face shield to protect face and eyes/front splashing.

Sharps Container (where sharps are in use)

- For safe disposal of used disposable sharps such as razors and razor blades, needles, lancets, scalpel, etc.
- Place sharps container in the area where sharps are used.
- When $\frac{3}{4}$ full, dispose of container at an approved site (not in garbage).

IMPLEMENTS AND INSTRUMENTS OF SERVICES

Single-Use/Disposable Items

- Single-use and disposable items include any items that cannot be cleaned, disinfected/sterilized.
- Store unused single-use items so they are protected from contamination such as in a clean container with a tight fitting lid. Sterile items must remain sterile until point of use.
- Discard used items immediately after use, including needles for hair weaves, sharps, and elastic bands.

Multi-Use Items

- Multi-use items should be stored in a clean container with a tight fitting lid.
- Store used multi-use items separate from clean items to prevent cross-contamination. Label the container: "Used Items" or "Dirty Instruments"
- Soak used instruments/items in cool clean water with/without detergent, until they can be cleaned.
- Clean and disinfect/sterilize multi-use items between each client.

Sharps

- Use only single-use, disposable blades or needles (with the exception of a blade with guard used only for shaping or feathering hair).
- Blades to be loaded into razor blade holder before each use in front of client and are to be discarded into a sharps container in front of the client.
- Cradles or handles must be stored without blades.

Linens, towels, sheets

- Stored in sanitary manner protected from contamination.
- Laundered or discarded after each use.

Chemical Supplies

- Sufficient supply of cleaners and disinfectants.

Dispensed Products (lotion, cream, oil, pigment, wax, antiseptics)

- No double-dipping.
- Dispensed in such a manner to prevent contamination of rest of the product. (i.e. no double-dipping)



PREVENTING DISEASES

The goal of preventing disease is to protect the client and the personal service worker from blood borne diseases and skin infections. Infection prevention practices must be tailored to the services being provided.

The following practices protect workers and clients during service delivery.

- **Hand Hygiene**
 - Hand hygiene should be performed:
 - Between clients,
 - Before performing invasive procedures,
 - After contact with blood, body fluids, secretions and excretions
 - After contact with items known or considered likely to be contaminated with blood, body fluids, secretions, or excretions,
 - Immediately prior to and after removing gloves,
 - Between procedures on the same client in which soiling of hands is likely, to avoid cross-contamination of body sites,
 - When hands are visibly soiled.
 - Liquid hand soap in a dispenser must be used for routine hand washing (antimicrobial soap is not recommended)
 - When hands are visibly soiled or greasy, hands must be washed with soap and water.
 - Alcohol-based hand rubs (>60% alcohol) are an acceptable method of hand hygiene.
 - Adequate facilities and supplies for hand washing must be available at all times.

- **Gloves**
 - Hand hygiene (see above) is required before putting on and after removing gloves.
 - Gloves are not required for routine procedures in which contact is limited to a clients' intact skin.
 - Gloves are not a substitute for hand hygiene.
 - Gloves should be worn by workers who have non-intact skin on the hands.
 - Put on clean gloves **before**:
 - Invasive procedures.
 - Contact with blood, body fluids, secretions and excretions, mucous membranes, or non-intact skin.
 - Handling items visibly soiled with blood, body fluids, secretions and excretions.
 - Remove and immediately **discard** gloves:
 - Between procedures with the same clients.
 - Between clients.
 - Gloves should be removed immediately after completion of the procedure, at the point of use and before touching clean environmental surfaces.
 - Hand hygiene should be performed immediately after removing gloves.
 - Single-use disposable gloves should not be reused or washed.

A clean environment and properly cleaned and disinfected equipment prevents diseases spreading between people. See [Disinfection Levels Required for Instruments & Equipment](#), page 19.



REQUIREMENTS FOR CLEANING, DISINFECTION AND STERILIZATION

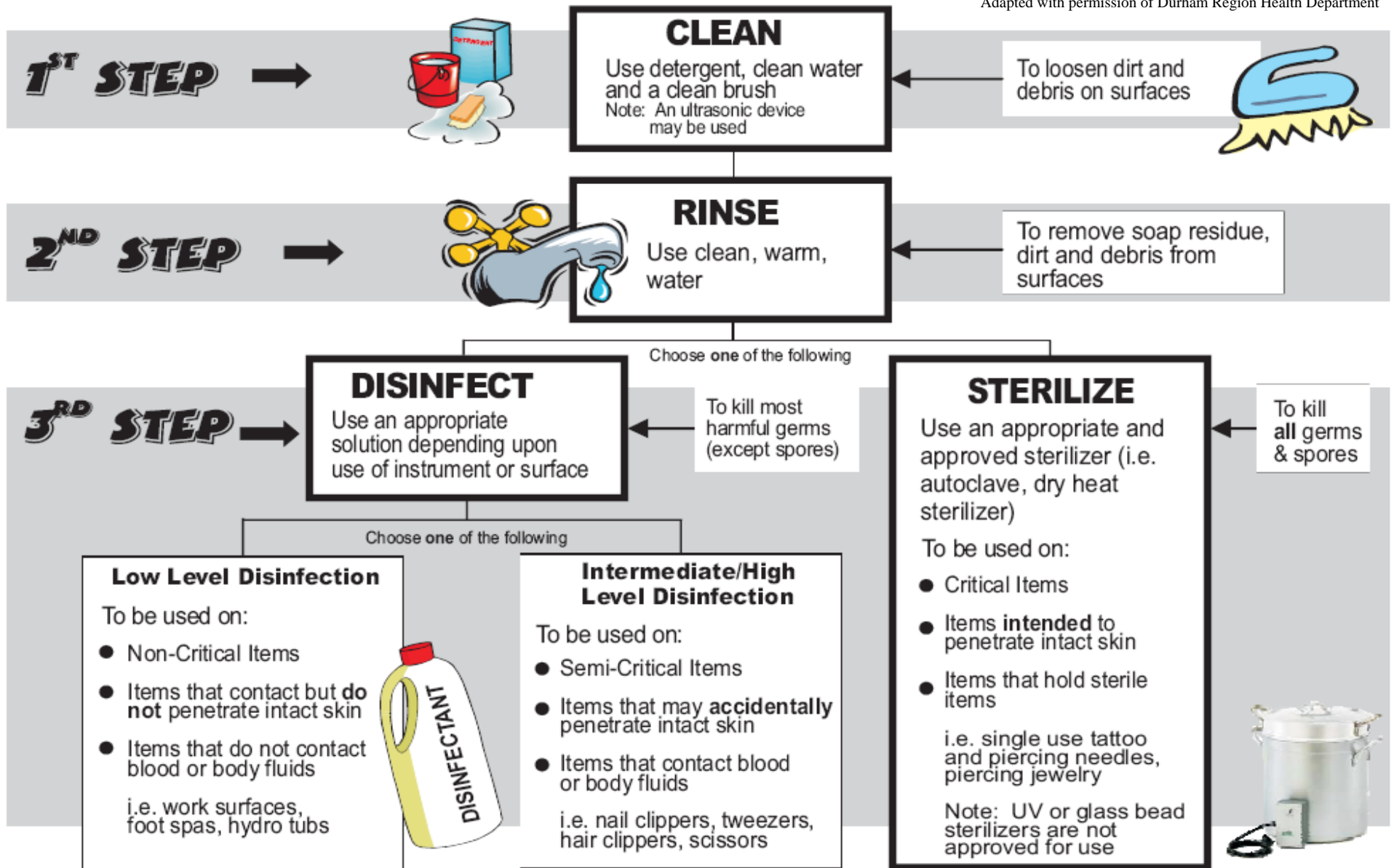
The following chart provides some guidance regarding cleaning, disinfection and sterilization requirements for equipment based on its classification. The intended use of the item shall also give guidance to its appropriate disinfection/sterilization procedure.

CLASSIFICATION OF ITEMS FOR DISINFECTION OR STERILIZATION

Classification	Definition	Method to be used	Examples
Critical	Any items used for an invasive procedure by nature (intended to penetrate the skin).	Thorough cleaning followed by sterilization is required. Equipment supplied sterile must be properly discarded following use.	(i.e. piercing jewelry)
Semi-critical	Items that may accidentally penetrate body surfaces and/or come into contact with blood or body fluids.	Thorough cleaning followed by high or intermediate level disinfection.	(i.e. nail clippers, tweezers. etc)
Non-critical	Items that come in contact but do not penetrate intact skin or those that do not ordinarily touch the client. These items do not contact blood or body fluids.	Thorough cleaning followed by low level disinfection.	(i.e. chair, aesthetician table)

Cleaning, Disinfection & Sterilization Flowchart

Adapted with permission of Durham Region Health Department



What Is Cleaning?

- Cleaning is the process of removing dirt and debris from the surface of instruments and equipment allowing the disinfectant or sterilization process to work effectively. **Disinfection or sterilization is not effective if items are not clean. Dirty instruments can contaminate disinfectants. Dirty instruments that go through disinfection or sterilization still result in dirty instruments.**
- Cleaning involves the use of soap/detergent, water and friction or may include the use of an ultrasonic cleaner.
- Operate ultrasonic cleaners according to manufacturer instructions. They **do not** disinfect or sterilize.
- Instruments and equipment must be cleaned and then disinfected or sterilized after each client to prevent the transmission of **bloodborne diseases** including **Hepatitis B, Hepatitis C, HIV** and other human retroviruses.
- **Pre-soaking items** immediately after use in water makes cleaning easier. Hot water will bind body proteins to instruments.

STEP 1: CLEAN

1. Put soap or detergent on a long-handled brush (or a brush with a guard).
2. Scrub all surfaces of items vigorously under running water.

Note: Gloves and protection from splashing are recommended.

STEP 2: RINSE

1. Rinse items under running water.
2. Air dry or dry with a single-use, lint-free towel. If not disinfecting or sterilizing immediately, store in a clean area or container with a tight fitting lid until the instruments can be disinfected or sterilized.
3. Note: Label container "To Be Disinfected/Sterilized"

STEP 3: DISINFECTION

1. Disinfect or sterilize as required (refer to **Disinfection Levels Required for Instruments & Equipment**, page 19, or sterilization procedures).
2. Store clean, disinfected instruments in a clean, covered container.
3. Remove rubber gloves. Wash, rinse and hang gloves to dry. Cleaned rubber gloves may be re-used as long as there are no punctures.
4. Wash hands thoroughly using liquid soap and warm water. Refer to the **handwashing poster for the proper handwashing procedure**, page 56.

DISINFECTION LEVELS REQUIRED FOR INSTRUMENTS & EQUIPMENT

Level of Disinfection	When to Use	Disinfectant Active Ingredient(s)	Contact Times Requires Immersion (approximately)	Advantages	Disadvantages
HIGH-LEVEL Kills all bacteria, fungi and viruses, Does not kill bacterial spores.	Use on <i>semi-critical</i> items. (Examples include: needle holder on the micro-pigmentation gun or the electrolysis needle holder cap)	1:10 chlorine bleach**	10 minutes	Fast acting, no residual	Corrosive to metals
		1:50 chlorine**	20 minutes		
	Items that may accidentally penetrate body surfaces and/or come into contact with blood or body fluids.	2% gluteraldehyde	45 minutes	Not corrosive, reusable	Toxic vapours, irritating to skin
		6% hydrogen peroxide	45 minutes	Environmentally friendly, no residual	Corrosive to aluminum, zinc, copper and brass. May stain.
		7% stabilized hydrogen peroxide	20 minutes	Environmentally friendly, must be rinsed	Corrosive to aluminum, zinc, copper and brass
		0.5 5% orthophthalaldehyde (OPA)	12 minutes	Fast acting, no mixing needed	Stains hands
INTERMEDIATE-LEVEL Kills most bacteria, fungi and viruses, Kills bloodborne viruses. Does not kill bacterial spores.	Use on <i>semi-critical</i> items. (Examples include: clippers, tweezers, scissors, razor blade holders)	70% to 90% isopropyl alcohol (99% isopropyl alcohol is not permitted)	10 minutes	Fast acting, no residue, non-staining, used as skin antiseptic	Hardens rubber, deteriorates glue
		70% to 90% ethyl alcohol	10 minutes	Fast acting, no residue, non-staining, used as skin antiseptic	Hardens rubber, deteriorates glue
	Items that may accidentally penetrate body surfaces and/or come into contact with blood or body fluids.	1:50 chlorine bleach solution**	10 minutes	Fast acting	Corrosive to metals
LOW-LEVEL Kills some bacteria, fungi and viruses.	Use on <i>non-critical</i> items. (Examples include: chair, table, walls, floor)	Quaternary ammonium	Follow manufacturer's instructions on product label.	Less irritating to skin and has detergent properties	Chemical can be neutralized with wool or cotton
		1:500 chlorine bleach solution**	10 minutes	Fast acting	Corrosive to metals
	Items that come in contact but do not penetrate intact skin or those that do not ordinarily touch the client. These items do not contact blood or body fluids. May be used for routine housekeeping.	3% hydrogen peroxide	10 minutes	Environmentally safe	Corrosive to some metals (brass, zinc, copper, nickel, silver)
		Phenols	Follow manufacturer's instructions on product label.	Easy to find, cleans and disinfects.	Do not use on instruments, irritant to skin. For environmental surfaces only.

- Check DIN & expiry dates on products, follow manufacturer's directions.
- Use test strips or test kit to verify strength or mix and discard daily.
- Cleaning must occur prior to disinfection.
- CRITICAL ITEMS are not included in this table because they are instruments that penetrate the skin (used for an invasive procedure) and/or hold sterile items. CRITICAL ITEMS MUST BE STERILIZED.

** Refer to info sheet: How to Mix Household Bleach Solution as a Disinfectant (5.25% sodium hypochlorite solution)

Adapted from Toronto Public Health, Personal Services Settings Resource Package, 2001

Note: This chart is not intended to be inclusive of all approved high, intermediate or low-level disinfectants

HOW TO MIX HOUSEHOLD BLEACH AS A DISINFECTANT

The solution must be made fresh daily to preserve strength.

Level required	Contact Time	How to mix the bleach solution
<p>High-level Disinfection</p> <p>1:50 dilution of bleach (1 part bleach; 49 parts water)</p> <p>OR</p> <p>1:9 dilution of bleach (1 part bleach: 9 parts water)</p>	<p>Contact time 20 minutes</p> <p>OR</p> <p>Contact time 10 minutes</p>	<ul style="list-style-type: none"> • 5 ml (1 tsp) bleach with 250 ml (1 cup) water <p>OR</p> <ul style="list-style-type: none"> • 50 ml (¼ cup) bleach and 450 ml (2 ¼ cups) water
<p>Intermediate-Level Disinfection</p> <p>1:100 dilution of bleach (1 part bleach: 49 parts water)</p>	<p>Contact time 10 minutes</p>	<ul style="list-style-type: none"> • 5 ml (1 tsp) bleach with 495 ml (2 cups) water
<p>Low-Level Disinfection</p> <p>1:500 dilution of bleach (1 part bleach: 499 parts bleach)</p>	<p>Contact time 10 minutes</p>	<ul style="list-style-type: none"> • 8 drops bleach in 1 cup water • 1/2 tsp bleach with 5 cups water

Household Bleach Solution is 5.25% sodium hypochlorite solution (50,000 ppm available chlorine).

What Is Sterilization?

- Sterilization is a process that kills all forms of microorganisms, including viruses, bacteria, fungi and bacterial spores.
- Thorough cleaning and sterilization will reduce the risk of spreading **bloodborne diseases** such as **Hepatitis B, Hepatitis C** and **HIV**.
- All critical items must be sterilized. Critical items are items that pierce or penetrate the skin or hold a sterile item.
- Sterilization usually includes high heat, steam, and pressure for a specific time.

Approved Equipment For Sterilization:

- Autoclave (steam under pressure) that meets CSA standards for health care (i.e. unit has a drying cycle).

Unapproved Equipment For Sterilization:

- Glass-bead "sterilizer"
- UV Sterilizer (Ultraviolet light sterilizer)
- Ultrasonic cleaner
- Pressure cookers
- Microwave
- Boiling water
- Ovens
- Non-CSA approved for health care autoclaves (no drying cycle)
- Chlorine Bleach



Bead Sterilizer
Bead sterilizers are not approved as an autoclave or a method of disinfection.

Steps for Proper Sterilization:

1. Clean instruments thoroughly.
2. Perform hand hygiene and apply gloves.
3. Package items, one item per package.
4. Load sterilizer. Do not overload (follow manufacturer instructions).
5. Add temperature sensitive chemical indicator, if not part of packaging. This only indicates that items have been processed; it does not ensure sterilization.
6. Monitor each cycle to verify that the sterilizer is in proper working order.
7. After sterilization cycle is completed, remove instruments.
Note: Contamination may occur if packages are handled when wet.
8. Store sterilized items (in their packages) in clean containers with tight fitting lids.

Record information about each sterilization cycle in the log book. Record batch/lot/code number on each sterilized package and in client record when used.

Monitoring Your Sterilizer Properly:

1. Biological Monitoring: Spore tests must be conducted every 2 weeks.

- Spore tests use heat resistant bacterial spores to determine if the sterilizer is in proper working order. *Bacillus stearothermophilus* spores are used to test autoclaves (steam under pressure).
- Spore tests must be sent to a laboratory for testing (see listing of [Labs for Spore Strip Testing for Sterilizer Validation](#), page 24 and 25). Test results must be negative, indicating spores were destroyed. This confirms that the sterilization process was satisfactory. Spore test failures require immediate notification to the health unit. Any instruments processed on or after a spore test failure must not be used.
- Keep records of spore testing.
- Keep all records (date, items, etc.) for one year on-site and 5 years in total.

- NOTE: “Negative” test results (no spore growth) indicate that the mechanical sterilizer is operating properly. “Positive” test (spore growth observed) results mean the sterilizer has failed and is not operating effectively. The owner/operator shall contact their local health unit for every sterilizer failure (positive test) immediately upon notification from the laboratory. Discontinue use of this sterilizer until it has been serviced and demonstrates three consecutive negative tests prior to being used to sterilize instruments again. An alternative approved method of sterilization or single-use/disposable sterile instruments must be used in the interim. Sterilizers must then continue to be challenged with a spore test once bi-weekly (at a minimum). A control strip is always used. It must demonstrate growth (non-sterile).

2. Chemical Monitoring: Heat sensitive tape must be used with each load and kept with your records

- Temperature sensitive tape/package must be placed in the sterilizer with each load. Temperature sensitive tape/package is a thermal indicator that change colour. This colour change is not indicative that sterilization has occurred.

3. Physical Monitoring: Keep daily records for at least one year

- Record the date, temperature, pressure, items that have been processed, and cycle length of each load.
- Keep copies of the monthly spore test results on the premises for at least one year.

4. Storage of Sterilized Items

- Must be at least 1 metre from any sink.
- Store in a clean container/drawer/cupboard protected from contamination.
- Sterile items must remain sterile until used (in sterile packaging).

PRE-PACKAGED STERILIZED ITEMS

Acceptable Pre-packaged Sterilized Items:

- Pre-packaged sterilized items must be purchased from a reputable supplier.
- Items must be single-use and individually packaged by the manufacturer and discarded in a sharps container after use.

Method of Sterilization:

- The process of sterilization must be listed on each package by the manufacturer.
- The owner/operator must provide proof of sterilization (which includes auditing and manufacturers' control) by the manufacturer or supplier.
- Each individual package must display the batch/lot/code number on each sterilized package and that number recorded in client record when used.
- The processing indicator colour change is displayed on each individual package.

Unacceptable Pre-Packaged Sterilization Equipment:

- Non-sterilized pre-packaged items
- Multiple items in the same package
- Damaged, broken, cut, open packages
- Internet auction sites are not reputable or recognized suppliers
- Reprocessed items

Records Keeping:

- Maintain records of proof of sterilization.
- Maintain manufacturer and supplier information.
- Maintain records of batch/lot/code numbers and dates of purchase.
- All records must be kept on-site for minimum one year and on file for five years.
- Record the batch/lot/code number of each sterilized package on the client record when used.

*Only exemption to pre-packaged, single-use, non-sterile items are single-use ear piercing adapter pieces.

LABS FOR SPORE STRIP TESTING FOR STERILIZER VALIDATION

Laboratory and/or Supplier	Phone/Fax	Type of Spore Strip(s) Available	Written Test Results Provided to Operator	Test Results Provided to Health Unit	Other Information
Central Ontario Analytical Laboratory 4260 Burnside Line RR4 Orillia, ON L3V 6114	705-326-8285 Fax: 705-326-9316	Universal spore strip**	Yes -initial immediate notification for FAILED tests by telephone	Yes***	-Spore test strips maybe ordered by mail or purchased at the lab. -7 day incubation period. <i>Certificate of Performance</i> is provided.
HIV Diagnostics (supplier: Alpha Dental) 59 Almess Street. Unit 2 Toronto, ON M3J 2H2	416-630-1905 TF: 800-387-3525 Fax 416-630-1892	Universal spore strip**	Yes -initial immediate notification for FAILED tests by telephone	Yes***	Spore test strips must be purchased by mail through Alpha Dental (supplier) 1-800-387-3525 - 48 hour incubation period - <i>Quality Assurance Certificate</i> is provided for additional cost.
Henry Schein-Arcona 345 Townline Road, RR4 Niagara-on-the-Lake, ON LOS 1J0	905-646-1711 TF: 800-668-5558 Fax: 800-263-3962	Universal spore strip**	N/A	N/A	- Spore test strip supplier only. Instructions indicate to send tests to Micrylium Labs for processing (see Micrylium Labs). - Test strips must be purchased by mail.
Infection Control Solutions Inc. 161 Deerhide Crescent, Unit 8 Toronto, ON M9M 2Z2	416-740-5565 TF: 877-882-7233 Fax: 416-749-4188	Universal spore strip**	Yes -initial notification for FAILED tests after 72hrs by telephone	Yes***	- Will send a notification if operator has missed submitting monthly test. - 7 day incubation period. - Certificate and 'pass'stickers are provided.
London Health Sciences Centre: Victoria Campus 800 Commissioners Road East London, ON N6A 405	519-685-8500 Fax: 519-685-8203	B. stearothermophilus spore strip (autoclaves) or B. subtilis spore strip (dry heat sterilizers)	Yes -initial immediate notification for FAILED tests by telephone	No	- Spore test strips must be purchased by mail. - 48hr incubation period for steam autoclaves. - 7 day incubation period for dry heat sterilizers. - <i>Certificate of Participation</i> is provided.
Testmark Laboratories Ltd. 677 MacDonald Avenue Sault Ste. Marie, ON P6B 1J4	705-254-7117 TF: 888-282-0422 Fax: 705-254-3820		Yes, if FAIL:	No Will upon request of customer	

Laboratory and/or Supplier	Phone/Fax	Type of Spore Strip(s) Available	Written Test Results Provided to Operator	Test Results Provided to Health Unit	Other Information
Microbex Aseptics Inc. (division of Ash Temple Dental Supply) 4630 Dufferin Street Unit 22A Toronto ON M3H 5S4	416-391-1700 Fax: 416-391-2516	Universal Spore strip**	Yes - initial immediate notification for FAILED tests by telephone	Yes***	- Spore test strips may be ordered by mail from Ash Temple Dental Supply at 1-800-268-6414 or in person at 221 Jacob Kefer Parkway, Concord ON - FAILED tests will receive a free spore strip for retesting purposes. - 7 day incubation period. - <i>Quality Assurance Certificate</i> is provided.
Micrylium Laboratories Inc. 4590 Dufferin Street Toronto, ON M3H 5S5	416-667-7040 TF: 800-489-8868 Fax: 416-667-0071	Universal spore strip**	Yes -initial immediate notification for FAILED tests by telephone	Yes***	- Lab will provide supplier info for spore test strips at a suggested retail price of \$92.69 - 6 tests at Henry Schein-Arcona (see supplier Henry Schein-Arcona) - 7 day incubation period. - <i>Sterility Assurance Certificate</i> is provided upon consistent monthly testing.
Regional Environmental Lab 901 McKay Road Pickering, ON L1W 3A3	905-686-0041 Fax: 905-686-0664	B. stearothenophilus spore strip (autoclaves) or B. subtilis spore strip (dry heat sterilizers)	Yes -initial immediate notification for FAILED tests by telephone	No	- Purchaser must prepay for 12 months minimum. - 7 day incubation period. - <i>Certificate</i> is not provided.
Near North Labs Inc. Unit 11, 191 Booth Road RR5 North Bay, ON P1A 4K3	705-497-0550 Fax: 705-497-0549	Universal spore strips**	Yes -instantly by e-mail with follow up letter. - \$20 per adverse test.	Yes	-Spore test strips provided by the lab

* Contact laboratory and/or supplier to verify costs.

** Maybe used for autoclaves and dry heat sterilizers i.e. each spore test strip contains: B. stearothenophil us and B. rubtiliis. Each test includes 2 spore strips and 1 control spore strip. Follow Laboratory/supplier instructions provided with test.

*** If required, sender must specifically request on submission form for lab to also notify local health unit of test result(s). Health unit name and fax number must be provided. i.e. "Please notify Algoma Public Health of test result(s) by fax at: 705-541-7346."

Note: Records of the spore strip test results should be maintained at the premises for at least one year. The above information is not intended to be inclusive of all laboratories and/or suppliers.

What Is The Health Concern?

Instruments and equipment used for acupuncture may become contaminated with blood or body fluids carrying **bloodborne diseases** such as **Hepatitis B**, **Hepatitis C** and **HIV**.

Instruments and equipment must be **cleaned** and then **disinfected** or **sterilized** after each client to prevent the transmission of bloodborne diseases. Single-use items must be discarded immediately after use.

YOU DO NOT HAVE TO SEE BLOOD OR BODY FLUIDS ON INSTRUMENTS FOR AN INFECTION TO OCCUR!

Protect Yourself...

- Thoroughly wash hands before and after each client (using liquid soap and warm water).
- Single-use, disposable gloves must be worn for each client and discarded after each client. Wash hands before and after using gloves.
- Discard needles immediately after use, into a puncture-resistant sharps container, labelled "Biohazard."
- Puncture-resistant sharps containers must **not** be discarded with municipal garbage.

Protect Your Clients...

- Pre-packaged, single-use, disposable, sterile needles must be used for each client and discarded immediately after use in an approved sharps container.
- Sterile needles must not be placed in a non-sterile environment (i.e. cotton, foam, tray, etc.) before use. Needles should be removed from sealed packages in view of clients, just prior to insertion in the client. Place use needle into sharps container in view of client.
- Care must be taken to touch only the handle of the needle when removing from the packaging, particularly when the needles are bundled together. Any unused bundled needles must be discarded after each client.
- Each individual needle must be used only on one site on the same client.
- Any item used to manipulate a sterile needle, such as plastic sheath or guiding tube, prior to insertion must also be sterile. The sheath guides the needle, helping to keep the operator's hands on the needle "handle," thus preventing the sterile part of the needle from being accidentally touched.
- Re-useable handles for seven-star or plum-blossom needles must be cleaned and then disinfected using a high-level disinfectant after each client use.
- Cleanse the area of the skin to be treated with an antiseptic, using a clean, disposable swab. Acupuncture should not be performed on non-intact skin.
- Items used for cupping intact skin must be cleaned and then low-level disinfected between clients.
- If an electro-stimulation machine is used, the clippers that attach to the "handle" of the needle must be wiped with an intermediate or high level disinfectant after each client.
- Instruments such as tweezers coming in contact with the needle(s) after insertion in the client must be cleaned and then high-level disinfected after each client. If bleeding occurs, use a clean, single-use, cotton swab on the area and discard immediately.
- Headrests, work tables and chairs that come into direct contact with the client should be cleaned and then disinfected with a low level disinfectant after each client.
- Keep client and accidental blood and body fluid exposure records for a minimum of one year.

What Is The Health Concern?

Instruments and equipment used for body piercing may become contaminated with blood or body fluids carrying **bloodborne diseases** such as **Hepatitis B, Hepatitis C** and **HIV**.

Instruments and equipment must be **cleaned** and then **disinfected** or **sterilized** after each client to prevent the transmission of bloodborne diseases. Single-use items must be discarded immediately after use.

YOU DO NOT HAVE TO SEE BLOOD OR BODY FLUIDS ON INSTRUMENTS FOR AN INFECTION TO OCCUR!

Protect Yourself...

- Thoroughly wash hands before and after each client (using liquid soap and warm water).
- Single-use, disposable gloves must be worn for each client and discarded after each client. Wash hands before and after using gloves.
- Discard needles immediately after use into a puncture-resistant sharps container labelled "Biohazard."
- Puncture-resistant sharps containers must **not** be discarded with the municipal garbage.

Protect Your Clients...

- Pre-packaged, single-use, disposable, sterile needles and/or dermal punches must be used for each client. These devices cannot be re-used and must be disposed in an approved sharps container immediately after use.
- All jewellery used for body piercing must be sterile and prepackaged.
- Needles or jewellery made or modified by a piercer prior to use may be cleaned either manually or by ultrasonic cleaner, then packaged and sterilized by an acceptable method.
- Swab-Mark-Swab Procedure: Except tongue piercing, the site(s) to be pierced must first be cleaned with an approved skin antiseptic, then marked with a (iodine) felt tip marking pen prior to piercing. After one minute, once the pen mark has dried, the site is to be cleaned again with the approved skin antiseptic just prior to piercing. The best method, especially for tongue piercing, instead of using a pen, use a single-use toothpick dipped in ink to mark the piercing. Follow with antiseptic.
- Sterile forceps and pliers can be used to reduce the risk of skin or soft tissue infection.
- If corks are used to "catch" the needle, they must also be discarded in the sharps container with needle attached.
- Close-ended receiving tubes must be sterile, single-use and disposable. Open ended receiving tubes can be cleaned with a wire brush and then sterilized between uses.
- Clients must be given verbal and written aftercare (see aftercare information) such as:
 - ✓ Normal bathing and showering are permitted but otherwise keep the pierced area dry
 - ✓ Clean hands immediately before touching jewellery

- ✓ Turn jewellery when wound is not dry
 - ✓ Expected healing time of the wound
 - ✓ Possible complications, and their signs and symptoms
 - ✓ How to deal with slight redness, pain or swelling and recommend consultation with a family physician if the problem does not improve within 24 hours and,
 - ✓ Advise client not to remove jewellery from a potentially infected piercing and to contact the piercer and seek medical advice.
- Keep client (see **Record Keeping**, page 51) and **Accidental Exposure to Blood or Bodily Fluids Recording Form**, page 52, for a minimum of one year. Client records must include batch/lot/code numbers for all sterile items used in the procedure.

Can I Use An Ear Piercing Gun For Body Piercing? NO

- Ear piercing guns must only be used to pierce the fleshy parts of the ear lobe.
- Ear piercing guns may damage delicate tissues and increase the risk of infection.

Any sterile items without records, sterile items with open packages may be seized by the Public Health Inspector at time of inspection.

Note: On-site sterilizer (autoclave) required. Follow requirements (see page 21).

Marking the Location for Piercing*

Follow the “Swab, Mark, Swab” method:

1. Wipe location with alcohol swab.
2. Mark with hospital pen. (See photo on page 31)
3. Wait 1 minute, wipe again with alcohol swab.

*Do not use on tongue or other mucous areas. Use brand new unused pen and discard after use (single-use pen only) or use a toothpick dipped in ink to mark piercing.



Non-Sterile Needles

Use of non-sterile needles can lead to blood borne diseases. Ensure items are properly labeled to prevent accidental exposures. For proper packaging and sterilizing procedure see page 21.

What Is The Health Concern?

Instruments and equipment used for ear piercing may become contaminated with blood or body fluids carrying **bloodborne diseases** such as **Hepatitis B**, **Hepatitis C** and **HIV**.

Instruments and equipment must be **cleaned** and then **disinfected** or **sterilized** after each client to prevent the transmission of bloodborne diseases. Single-use items must be discarded immediately after use.

**YOU DO NOT HAVE TO SEE BLOOD OR BODY FLUIDS ON INSTRUMENTS
FOR AN INFECTION TO OCCUR!**

Protect Yourself...

- Thoroughly wash hands before and after each client (using liquid soap and warm water).
- Single-use, disposable gloves must be worn for each client and discarded after each client.
- Wash hands before and after using gloves.

Protect Your Clients...

- **Ear piercing instruments must not be used on any part of the body except the fleshy part of the ear lobes.**
- Refer to **APH Ear Piercing Guidelines**, page 32.
- The person performing the ear piercing must wear single-use disposable gloves on both hands during the procedure.
- The ear lobe must first be cleaned with an approved skin antiseptic, then marked with an (iodine) felt tip/marketing pen prior to piercing. After one minute, once the pen mark has dried, the site is to be cleaned again with the approved skin antiseptic just prior to piercing.
- Sterile, pre-packaged jewellery must be used for ear piercing. Avoid direct hand contact with earrings to prevent contamination of jewellery.
- Jewellery intended for piercing cannot be sampled or returned.
- Do not spray sterile earrings with disinfectant solution prior to piercing.
- Piercing instruments equipped with disposable parts must be cleaned and then disinfected with an intermediate to high-level disinfectant after each client.
- After each client, all disposable parts must be discarded. Previously opened packages of jewellery can no longer be considered sterile. Any jewellery stored in opened or damaged packages may no longer be used to pierce the skin.
- Cleaned and disinfected piercing guns must be stored in a clean, covered container when not in use. Instruments that are sterilized must be stored properly in order to maintain sterility
- Clients must be given verbal and written ear piercing **after care information**, page 53, such as:
 - ✓ Normal bathing and showering are permitted but otherwise keep the pierced area dry
 - ✓ Clean hands immediately before touching jewellery
 - ✓ Turn jewellery when wound is not dry

- ✓ Expected healing time of the wound
- ✓ Possible complications, and their signs and symptoms
- ✓ How to deal with slight redness, pain or swelling and recommend consultation with a family physician if the problem does not improve within 24 hours and,
- ✓ Advise client not to remove jewellery from a potentially infected piercing and to seek medical advice

Keep client and **Accidental Exposure to Blood or Bodily Fluids Recording Form**, page 52, for a minimum of one year.

Any sterile items without records, sterile items with open packages, and ear piercing systems that has single-use adapters in place (not discarded) may be seized by the Public Health Inspector at time of inspection.

Marking the Location for Piercing

Follow the “Swab, Mark, Swab” method:

4. Wipe earlobe with alcohol swab.
5. Mark with hospital pen.
6. Wait 1 minute, wipe again with alcohol swab.

*Do not use on tongue or other mucous areas. Use brand new unused pen and discard after use (single-use pen only) or use a toothpick dipped in ink to mark piercing.



Hospital Pen



EAR LOBE PIERCING

- Use only ear piercing guns that have removable, disposable pre-sterilized parts that prevent the gun from coming into contact with the ear.
- Store ear piercing gun adaptors or earrings in their sterile containers only. Single use adaptors can not be stored on the ear piercing gun.
- Only the fleshy part of the ear lobe is to be pierced using a piercing gun.
- Store ear piercing guns in a clean dry container with a secure lid.

The following is the **minimum** procedure to be used:

1. Complete client information form, pick out earring;
2. Provide client with verbal and written after care guide;
3. Gather equipment required for ear piercing;
4. Wash your hands with soap and warm water;
5. Dry the hands with a single use towel;
6. Disinfect the ear lobe with a suitable antiseptic, e.g. 70% isopropyl alcohol;
7. Mark location on the ear lobe to be pierced with indelible ink, wait 1 minute;
8. Disinfect the ear lobe with a suitable antiseptic, e.g. 70% isopropyl alcohol;
9. Put on single use disposable gloves;
10. Assemble ear piercing gun, using only disposable pre-sterilized adaptors or components, in the view of the client;
11. Pierce the ear;
12. Remove used, pre-sterilized components and immediately dispose of them in the view of the client;
13. Wash hands;
14. Clean ear piecing gun with soap and water using a scrub brush;
15. Dry the gun completely with a single use towel;
16. Wipe the surfaces of the gun with a suitable disinfectant, e.g. 70% isopropyl alcohol, and
17. Store gun in a clean dry container with a secure lid.



Examples of Poor Practices



Ear Piercing System with single-use adaptors in place

Discard single-use adaptors (pink ring item on the gun and pink item in upper right hand corner of the photograph) must be discarded after each client. An ear piercing system used in this condition may spread disease.



Earring backs without earrings suggest piercing gun is used for body piercing.

Pre-packaged sterile items must be discarded if the package has been opened.

Adaptors for ear piercing guns must be discarded after use and not saved. A collection of earring backs suggests that an ear piercing gun is being used for body piercing.

ELECTROLYSIS AND LASER HAIR REMOVAL

What Is The Health Concern?

Instruments and equipment used for electrolysis may become contaminated with blood or body fluids carrying **bloodborne diseases** such as **Hepatitis B**, **Hepatitis C** and **HIV**.

Instruments and equipment must be **cleaned** and then **disinfected** or **sterilized** after each client to prevent the transmission of bloodborne diseases.

YOU DO NOT HAVE TO SEE BLOOD OR BODY FLUIDS ON INSTRUMENTS FOR AN INFECTION TO OCCUR!

Protect Yourself...

- Thoroughly wash hands before and after each client (using liquid soap and warm water).
- Single-use, disposable gloves must be worn for each client and discarded after each client.
- Wash hands before and after using gloves.
- Do not touch the needles with bare hands!
- Never test for sharpness on your skin prior to use.
- Discard needles immediately after use into a puncture-resistant sharps container labelled "Biohazard."
- Puncture-resistant sharps containers **must not** be discarded with the municipal garbage.
- Do not recap lancet prior to disposing.

Protect Your Clients...

- Pre-packaged, single-use, disposable, sterile needles must be used for each client.
- Do not save and re-use needles for future use on the same client. The electrical current passing through the needle is too fast and not hot enough to sterilize the needle.
- Cleanse the area of the skin to be treated with an antiseptic using a clean, disposable swab.
- Remove sterile, single-use epilator needle, install needle into epilator, and remove and discard after use in a sharps container in front of client.
- Equipment/instruments used to hold sterile items (e.g. tweezers) must be high-level disinfected. If tweezers are used to enter skin they must be pre-packaged, single-use or sterilized between each client. The reusable, needle holder cap must be cleaned (using liquid soap, water, and a suitable brush) and then disinfected using a high level disinfectant after each client.
- Single-use lancets must be used to expose the ingrown hairs.
- Razors must be discarded immediately after use in a sharps container.
- Surfaces that cannot be cleaned and disinfected after each client (e.g. epilator knobs, epilator cord, magnifying lamp, etc.) should be covered with disposable, single-use plastic wrap. Epilator cords can be cleaned and disinfected with an intermediate level disinfectant after each client.
- Headrests, worktables and beds should be cleaned and then low level disinfected after each client.

LASER HAIR REMOVAL

Equipment/instruments used in laser hair removal must be cleaned and then either disinfected or sterilized or disposed as appropriate after each client. Contact the Public Health Inspector for more information.

What Is The Health Concern?

Instruments and equipment used for facials and facial extractions may become contaminated with blood or body fluids carrying **bloodborne diseases** such as **Hepatitis B, Hepatitis C** and **HIV**.

Instruments and equipment must be **cleaned** and then **disinfected** or **sterilized** after each client to prevent the transmission of bloodborne diseases

YOU DO NOT HAVE TO SEE BLOOD OR BODY FLUIDS ON INSTRUMENTS FOR AN INFECTION TO OCCUR!

Protect Yourself...

- Thoroughly wash hands before and after each client (using liquid soap and warm water).
- During facial extractions, single-use, disposable gloves should be worn for each client and discarded after each client.
- Discard used needles immediately after use, into a puncture-resistant sharps container, labelled "Biohazard."
- Puncture-resistant sharps containers **must not** be discarded with the municipal garbage.

Protect Your Clients...

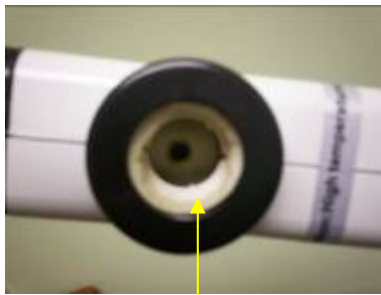
- Gloved hands or sterile lancets to manually perform a facial extraction are preferred (recommended). If "pimple poppers" are used, they must be sterilized between each client – for this reason they are not recommended).
- Used towels, sheets and linen must be laundered after each client.
- Clean towels, sheets and linen must be stored in a sanitary manner.
- Single-use, disposable applicators must be used to dispense creams, lotions, and other skin care products if applied directly onto skin. "Double-dipping" is not permitted. Personal service workers' skin is not a suitable surface to dispense creams, lotions, and other skin care products.
- Single-use, disposable items (e.g., facial sponges, tissues, applicators, etc.) must be discarded immediately after each client. Sponges cannot be adequately cleaned and disinfected due to their porous nature.
- Reusable instruments/equipment (e.g., frequency tubes, comedones, etc.) that come into direct contact with the client's skin, must be cleaned and then disinfected (using an intermediate or high level disinfectant) after each client. These specific items do not need to be fully immersed during cleaning and disinfection. The metal portion at end of tub can stay out of disinfectant.
- The foam ring at the mouth of a facial steamer is a single use item and must be either discarded between clients or not used.
- Water containers in facial steamers must be emptied and cleaned at the end of the day and filled before use.
- Work surfaces (e.g. tables) must be cleaned and then disinfected using a low level disinfectant as required or at least once a day and the work surface must be covered with either a clean paper towel or freshly laundered towel. If surfaces are contaminated with blood or body fluids, use a high level disinfectant.

Facial Pictures



Facial Steamer

Clean the unit according to manufacturer's direction.



Foam or Cotton insert found at the outlet of the Facial Steamer

The foam or cotton is a single-use item. Remove the item after each client or operate unit without the insert.



Water Reservoir for Facial Steamer

- Empty reservoir at the end of the day.
- Use distilled water.
- Clean the reservoir with soap and water.



Cupping Glass of a Facial Vacuum

This glass cylinder is designed for use on intact skin. If used after a facial extraction it requires sterilization, and the best practice would be to discard the instrument.

What is the Health Concern?

Items can spread skin and bloodborne infections if not properly cleaned and disinfected/sterilized. Instruments and equipment used for cutting hair may become contaminated with blood or body fluids carrying bloodborne diseases such as Hepatitis B and HIV. These items must be properly cleaned and then disinfected or sterilized after each client to prevent the transmission of bloodborne diseases.

**YOU DO NOT HAVE TO SEE BLOOD OR BODY FLUIDS ON INSTRUMENTS
FOR AN INFECTION TO OCCUR!**

Protect Yourself...

- Wash hands before and after each client using liquid soap and warm water.
- Discard disposable razors immediately after use into an approved sharps container.
- Sharps container must be in the area of where sharps used.
- Sharps container must not be discarded with the municipal garbage.

Protect Your Clients...

- Capes must be used with a single-use, sanitary strip (or a clean towel that is laundered after each use) to prevent direct contact of the cape with the client's neck. Any other reusable surface cover that is not cleaned/laundered between each client must be used in conjunction with a single-use, disposable sheet.
- Items like combs, brushes, and rollers (that touch the hair and not the skin) require proper cleaning (scrubbing with detergent under running water) and rinsing between uses. These items do not require disinfection. Store clean items in a sanitary manner.
- If operators choose to disinfect items that only touch hair follow manufacturer's directions for further use of the disinfectant. (i.e. barbicide which must be prepared daily, emptied nightly and container is cleaned weekly.)
- Disposable razor blades used for shaving skin must be single-use and discarded in an acceptable sharps container after use.
- Re-useable razor blade holders must be loaded with a disposable blade in front of the client. After use the blade is discarded to an approved sharps container in front of the client. The blade holder must be washed and rinsed, then immersed in an intermediate level disinfectant, stored in a clean container with a tight fitting lid.
- Fixed blade straight razors must be sterilized in an approved autoclave between each use.
- Razors used for shaping hair must have a proper guard in place to prevent the blade from contacting the skin. They can be used until dull. Dull blades are to be discarded into an approved sharps container
- Neck brushes must not be used. Use single-use tissue or sanitary strip instead.
- Items that could accidentally nick the skin, such as scissors, must be properly cleaned then intermediate level disinfected.
- Styptic pencils and alum bars cannot be used to stop bleeding or seal a shave on clients. Styptic products must be single-use and the disposable applicator must be discarded after each client.
- "Crochet hooks" for cap highlights must be cleaned then intermediate level disinfected.
- Needles used for hair weaves and extensions must be discarded in an approved sharps container immediately after use.
- Clean and dirty items must be stored separately to prevent cross-contamination.

Barbering Pictures



Shaving Brush & Cup must be washed and disinfected at a low level between each client.
Shaving soap to be discarded after use.



Razor with Disposable Blades

- Load the blade into the unit
- Shave
- Discard blade into an approved sharps container

Do this in front of the client. The holder unit should be cleaned and disinfected at an intermediate level, then stored in a clean container with a tight fitting lid.



Straight Razor with a Fixed Blade

Straight razors with fixed blades are not permitted. Please remove these items from the premises.

DISINFECTION OF HAIR CLIPPERS

Please be advised that Algoma Public Health classifies hair clippers as “semi-critical” items. A semi-critical item is any type of instrument/equipment that may accidentally penetrate intact skin and/or come in contact with blood or body fluids during use.

All semi-critical items must first be cleaned (i.e. surfaces wiped free of visible hair, oils and/or chemical products) and then disinfected with an appropriate “intermediate to high level” disinfectant immediately after use on each client. It is strongly recommended that the hair clipper be dismantled prior to the cleaning and disinfecting of the clipper blade.

The current industry standard for an immediate level of disinfectant requires that the product be capable of destroying Mycobacteria, a resistant group of bacteria. Health Canada permits manufacturers whose products have been tested and shown to destroy Mycobacteria to specify this in some manner on their product label. These products will also have a Drug Identification Number (DIN).

At this time, the Algoma Public Health will only ACCEPT intermediate level hair clipper disinfectant products whose product label clearly indicates that they are effective in destroying Mycobacteria. The label may specify one or more of the following:

- “Tuberculocidal”
- “capable of destroying tubercle bacilli”
- “effective against *“Mycobacterium tuberculosis”* or *“Mycobacterium bovis”*”
- “effective against *Mycobacteria* or *Mycobacterium spp.*”

When clippers are used with a guard, they should be cleaned and disinfected at least daily.

When clippers are used without a guard (e.g. edgers), they should be cleaned and disinfected after each client.

Remember to...



Always follow manufacturer’s instructions regarding:

- The proper use of the chemical
- Contact time required for the disinfectant to be effective (*most disinfectants require a minimum 10 minute contact time*)



Ensure that the item is cleaned thoroughly prior to disinfection. If surfaces are not clean, dirt and organic matter can protect the germs against the action of the disinfectant.



Follow these steps to clean and disinfect clippers,

1. Remove guard.
2. Brush clippers with a soft brush to remove hair.
3. Spray clippers with acceptable clippercide.
4. Wait ten minutes or specified contact time before reuse.

For more information, please refer to Algoma Public Health’s “**Disinfection Levels Required for Instruments & Equipment**” Chart and “**Cleaning, Disinfection & Sterilization Flowchart**”, or call the Environmental Health Program at (705) 759-5286 or visit our website at www.algomapublichealth.com.

What Is The Health Concern?

Instruments and equipment used for manicures and pedicures may become contaminated with blood or body fluids carrying **bloodborne diseases** such as **Hepatitis B**, **Hepatitis C** and **HIV**. Instruments and equipment must be **cleaned** and then **disinfected** or **sterilized** after each client to prevent the transmission of bloodborne diseases.

YOU DO NOT HAVE TO SEE BLOOD OR BODY FLUIDS ON INSTRUMENTS FOR AN INFECTION TO OCCUR!

Protect Your Clients...

- Examine the client's nails for signs of infection before starting the procedure. If discolouration, such as a yellow-green colour appears on the nail, **do not** provide nail service. Advise the client to see a doctor.
- Avoid piercing the client's skin, especially when cutting cuticles or filing the nails.
- Anti-fungal products are not to be present in the premises.
- Cuticle oil is to be decanted in a manner in which the original portion does not become contaminated. (e.g. no double dipping)
- Do not use fingernails to push back cuticles.
- In the event of an accident, fill out the **Accidental Exposure to Blood or Bodily Fluids Recording Form**.
- Instruments such as emery boards, orange sticks, etc. are single-use, disposable items and must be disposed of after each client.
- Sharp, single-use, disposable items such as razors and credo blades, are to be discarded in a sharps container immediately after use. Load and unload each blade in front of the client.
- Sharps container must be located in service area where sharps are being used.
- Sharps containers **must not** be discarded with the municipal garbage.
- Instruments/equipment used on a client (e.g. nippers or clippers) must be cleaned and then disinfected (using an intermediate or high level disinfectant), after each client.
- Clean and then disinfect (low or intermediate level disinfectant) the work surface after each client or use a clean, single-use covering (e.g. freshly laundered or single-use paper towel) on work surface for each client.
- Footrests, work surfaces, tables, etc. must be cleaned and disinfected using a low level disinfectant at least once a day.
- Thoroughly clean and then disinfect foot bath containers after each client following manufacturing guidelines or Algoma Public Health's recommendations. Foot thrones (including recirculation systems must be cleaned and disinfected with an intermediate disinfectant between each client). Remove and clean screens daily.
- Styptic products must be single-use and the disposable applicator must be discarded after each client.
- Keep client and accidental blood and body fluid exposure records for a minimum of one year.
- Thoroughly wash hands before and after each client (using liquid soap and warm water).
- It is recommended that clients wash their hands with liquid soap and water before a manicure.
- Methyl Methacrylate (MMA) adhesive is not permitted for use in Canada and is not to be on premises.

Manicure Pictures



Work Area

This work area has several issues that must be corrected.

- The single-use files, dermal (Dremel) bits and buffer appear to be used multiple times. Used Dremel bits must be stored in a marked container “Dirty Items” or cleaned and disinfected immediately after use.
- The nail clippers appear rusty and are not stored in a clean container with a tight fitting lid. Rusty nail clippers must be discarded.
- Single-use files must be discarded after use.
- Clean tools must be stored in a clean container with a tight fitting lid.



Foam Core Files/Buffers

- Single-use items
- Cannot be properly cleaned and disinfected.
- Discard after each client.

Pedicure Pictures



Callous Remover (Corn-cutter)

- Small teeth cut into the skin.
- Difficult to clean effectively.
- Single-use item.
- Discard after use on one client.



Pumice Stone

- Single-use item.
- Discard after each client.



Foam Toe Spreaders

- Single-use item.
- Discard after use on one client.



Hydrotherapy Foot Baths

Clean filters on hydrotherapy foot baths daily.
The biofilm can harbour harmful bacteria.



Wooden Foot File

- Multi-use item.
- Scrub file surface vigorously with cleaning brush (remove skin and debris)
- Disinfect (intermediate level). This item floats; turn it over to disinfect both sides.
- Store in a sanitary manner.

Corn cutter blade

- Single-use.
- Discard immediately after use.



Credo blade holder

In front of client:

- Load the blade.
- Use the item.
- Discard the blade in an approved sharps container.
- The holder is to be cleaned, rinsed and disinfected at an intermediate level.
- Store in a clean container with a tight-fitting lid.

PROCEDURE FOR THE CLEANING AND DISINFECTION OF FOOT THRONES AND HYDROTHERAPY BATHS



Drain, clean and disinfect baths after each client

- Fill bath with warm, soapy water
- Brush and scrub all surfaces
- Drain and rinse
- Disinfect using manufacturer's recommendations or in the absence of recommendations, disinfect with 1:100 (1 part bleach to 99 parts water) solution of household chlorine bleach and water OR accelerated hydrogen peroxide (Hydrotherapy brand) used in accordance with manufacturer's instructions
- Circulate the disinfectant through the foot throne for at least 10 minutes
- Remove and clean foot throne screens at least daily to remove debris and assist in preventing biofilm build-up
- Clean the foot throne once nightly following the above procedure even if the unit is not used

What Is The Health Concern?

Instruments and equipment used for tanning and massage may become contaminated with blood or body fluids carrying **bloodborne diseases** such as **Hepatitis B, Hepatitis C** and **HIV**.

Instruments and equipment must be **cleaned** and then **disinfected** or **sterilized** after each client to prevent the transmission of bloodborne diseases

**YOU DO NOT HAVE TO SEE BLOOD OR BODY FLUIDS ON INSTRUMENTS
FOR AN INFECTION TO OCCUR!**

Protect Yourself...

- Follow manufacturer's instructions when cleaning and disinfecting tanning beds/booths to avoid electrical shock and/or damage to equipment.
- Cleaning and disinfecting products must be stored in safe manner.

Protect Your Clients...

- The treated area of the client's skin should be free of cuts, wounds, irritation and rash.
- Tanning beds and other equipment that may come into direct contact with the client's skin must be cleaned and then disinfected after each client.
- Reusable protective eye wear must be cleaned and then disinfected at an Intermediate Level after each client.
- Cleaning and disinfecting chemicals provided for the client's use should be properly labelled with name of product and directions for use.
- Garbage receptacle should be provided in each tanning room.
- Instructions should be posted (in a conspicuous location) describing the proper use of the tanning bed/booth including safety precautions.
- Used towels, robes and linen must be laundered after each client.
- Clients are to be advised that certain drugs have photo allergic and phototoxic reactions.
- Tanning beds are to be operated by a timing device that is adjustable to preset times, which cause the user to exit the bed to access the timing device.
- Operators must maintain records of the bulb life.
- Tanning Operators should be familiar with the Health Canada "**Guidelines for Tanning Salon Owners, Operators and Users.**"

What Is The Health Concern?

Instruments and equipment used for tattooing and micro-pigmentation may become contaminated with blood or body fluids carrying **bloodborne diseases** such as **Hepatitis B**, **Hepatitis C** and **HIV**. Instruments and equipment must be **cleaned** and then **disinfected** or **sterilized** after each client to prevent the transmission of bloodborne diseases

YOU DO NOT HAVE TO SEE BLOOD OR BODY FLUIDS ON INSTRUMENTS FOR AN INFECTION TO OCCUR!

Protect Yourself...

- Single-use, disposable gloves must be worn for each client and discarded after each client.
- Gloves must also be discarded at breaks in treatment of the same client. Wash hands before and after using gloves.
- Do not touch the needles with bare hands! Never test for sharpness on your skin prior to use.
- Single-use, disposable, sterile needles must be used. Needles and needle bars prepared by the artist, along with barrel/grip, must be cleaned in an ultrasonic cleaner and then sterilized prior to use.
- Discard used disassembled needles immediately after use, into a puncture-resistant sharps container, labelled "Biohazard."

Protect Your Clients...

- To reduce risk of infection, have client shave area 24-48 hours before appointment.
- Single-use, disposable sterile needles must be used.
- All supplies and equipment required for tattooing or micropigmentation are to be assembled and set up immediately prior to starting the procedure.
- Bulk quantities of single-use ink caps to be bagged in small quantities.
- After needles are attached to the needle bar, they must be cleaned using an ultrasonic cleaner before sterilization. The entire needle bar assembly (needle bar with attached needles) must be discarded into an approved sharps container immediately after each tattoo or micropigmentation procedure.
- If a tattoo machine is not used for micropigmentation, the needle holder device on the pen/instrument must be single-use disposable or cleaned and then sterilized before it can be used again.
- Avoid tattooing within 6 inches of skin that is inflamed, infected or with a rash.
- Instruments/equipment (light fixtures, spray bottles, parts of the tattooing machine, etc.) that cannot be cleaned and disinfected must be covered with a single-use plastic wrap and changed between clients.
- Disposable ink caps must be discarded immediately after each client.
- Any leftover products must be discarded and cannot be returned to their original containers.
- Liquids in disposable cups (used for rinsing) must be discarded after each client.

- Dispensers and/or clean, single-use applicators must be used to dispense all creams, lotions or ointments. “Double dipping” is not permitted.
- Tissues, wipes and jelly should be dispensed prior to starting each service. Unused portions must be discarded after each client.
- Cleanse skin with an antiseptic, using a clean, disposable swab.
- Single-use, disposable razors must be used and immediately discarded after each client (if applicable).
- After the procedure, cover the tattoo with a clean (preferably sterile), non-stick dressing/bandage intended for covering wounds. “Dry Loc” pads are not to be used.
- Stencil(s) used on a client must be single-use and discarded after each client.
- Work surfaces, such as chairs and tables, must be cleaned and then disinfected using a low level disinfectant after each client unless the surface is contaminated with blood or body fluids in which case an intermediate or high level disinfectant must be used.
- Clients must be given verbal and written information regarding tattooing aftercare such as:
 - ✓ Appropriate aftercare for tattooing and micropigmentation
 - ✓ Clean hands immediately before touching tattooed area
 - ✓ Discuss the expected healing time of the site with the client
 - ✓ Describe possible complications and their signs and symptoms
 - ✓ Advice on how to deal with slight redness, pain or swelling, and
 - ✓ Recommend consultation with a family physician if the problem does not improve within 24 hours

Tattoo Pictures



Dri-loc pad

This item is not registered for use on humans and can not be used as a wound dressing.



Needle

Record single-use pre-packaged sterile needles and all other sterile items lot numbers on the client's record form.



Grips/tubes

Sterile items should have an indicator tape that shows the item has been processed.



Set up

Always follow the same procedure when setting up equipment. The power supply cable in this picture must have a disposable covering.



Needles

Use only pre-packaged sterile items from reputable sources that have supplied suitable documentation that support the sterility claim.

What Is The Health Concern?

Instruments and equipment used for waxing and hair removal may become contaminated with blood or body fluids carrying **bloodborne diseases** such as **Hepatitis B**, **Hepatitis C** and **HIV**. Instruments and equipment must be **cleaned** and then **disinfected** or **sterilized** after each client to prevent the transmission of bloodborne diseases.

**YOU DO NOT HAVE TO SEE BLOOD OR BODY FLUIDS ON INSTRUMENTS
FOR AN INFECTION TO OCCUR!**

Protect Yourself...

- Ensure the area of the client's body you will be working on is free from any cuts, wounds, rash or visible infection.

Protect Your Clients...

- Single-use, disposable spatulas must be used when dispensing wax from a heated pot if applying directly onto skin. "Double-dipping" is not permitted.
- Individual cartridges used to roll wax onto the skin must be discarded after each client.
- Rollerhead applications must be single-use.
- Products (e.g. wax, sugaring products, etc.) used during the hair removal process must not be reused or recycled.
- Instruments/equipment (e.g. tweezers, tweezers attached to epilator cord, etc.) used to remove hair must be cleaned and then disinfected (using an intermediate or high level disinfectant) after each client.
- Single-use, disposable items (e.g. threads, cotton swatches, etc.) must be discarded after each client.
- Single-use, disposable items and reusable instruments/equipment must be stored in a sanitary manner (e.g. clean covered container).
- The temperature of the heated wax is not hot enough to inactivate or kill microorganisms.

Waxing Pictures



Unacceptable Wax Pot

- Clean regularly.
- Remove wax build-up.
- Use clean, disposable collar around pot.
- Spatulas are single dip; discard after each use.

Roller Wax Applicators



Single-use Rollers



Multi-use Rollers are not permitted

Discard roller and wax compartment after use on one client.

RECORD KEEPING

Client Records

- ◆ Documentation of procedures and clients is essential to allow the Public Health Inspector.
- ◆ Client records must be kept on site for settings that offer invasive procedures such as body piercing, tattooing, micro-pigmentation, electrolysis and acupuncture. The records are to include:
 - date of procedure and full name (first and last) of personal service worker
 - client name (first and last), complete mailing address and telephone number
 - details of the procedure carried out
- ◆ The PSS owner must keep records on site for a minimum of one year, and on file for a minimum of 5 years.

Sterilization Log

- ◆ A record/log must be maintained on site for monitoring each load, including recording the temperature, duration, pressure, date, initials of the individual who is responsible for sterilization of the load. It is recommended that the autoclave be equipped with a print-out that provides details of the mechanical parameters reached during each cycle. This print-out must be signed and dated by the operator and kept in the log book.
- ◆ Monitoring records must held in a secure location on site for a minimum of one year, and on file for five years.

Spore Test Results

- ◆ Each sterilizer actively used must pass a spore test challenge bi-weekly (i.e. every other week).
- ◆ Results must be accessible on site for a minimum of one year and kept on file for 5 years.

Sterilized Items Record

- ◆ Keep a record of each batch of items sterilized and mark sterilized items appropriately (date/batch codes).
- ◆ Keep records for a minimum of one year and on file for 5 years.

Accidental Exposure to Blood and Body Fluids

- ◆ Accidental exposures to blood or body fluids to the client or operator shall be documented for PSS. A record of the incident must be kept by the owner or operator of the settings including:
 - name (first and last), complete mailing address and phone number of the person exposed
 - name of PSW (first and last) involved in the incident
 - date of injury
 - site of injury
 - circumstances surrounding the injury
 - action taken
- ◆ The PSS owner must keep records on site for a minimum of one year, and on file for a minimum of 5 years.



Algoma
PUBLIC HEALTH
Santé publique Algoma

ACCIDENTAL EXPOSURE TO BLOOD OR BODILY FLUIDS RECORDING FORM

Date of Incident (dd/mm/yy)	Exposed Person's Name: Address: Phone#:	Name of Personal Service Worker Involved in Exposure	Details of Accidental Exposure	Action Taken

* Records of the accidental exposure must be kept by the owner/operator of the premises onsite for a minimum period of one year.

For more information visit: www.algomapublichealth.com or contact your local Algoma Public Health Office.

Sault Ste Marie
(705) 759-5286

Blind River
(705) 356-2551

Elliot Lake
(705) 848-2314

Wawa
(705) 856-7208

(Adapted with permission from Durham Region Health Department.)

AFTERCARE INFORMATION

- ❖ Always wash your hands thoroughly immediately before touching your jewellery or pierced area.
- ❖ Soak or rinse the pierced area in warm water to loosen any dried matter (from discharge of bodily fluid). Any crusted matter (dead white blood cells) is part of normal healing and may be removed with soap and warm water. Preferably, a liquid antibacterial soap should be used to clean the jewellery while turning or rotating it, so that the soap is worked into the piercing. **Rinse** under running water, if possible while turning or rotating (showering is preferable to bathing). **Never** use alcohol or hydrogen peroxide on your piercing, and beware of hair sprays, heavily perfumed soaps, shampoos, etc.
- ❖ **Never** touch a pierced area or jewellery without washing hands first. It may lead to an infection. Ensure clean clothing, linen, pillowcases, etc., are always used.
- ❖ Other than normal bathing and showering, or when washing piercing, keep the pierced area dry. Avoid swimming pools, hot tubs, lakes, rivers, etc., until your piercing is completely healed.
- ❖ **Never** touch, turn or move your jewellery when the wound is dry, only when wet (during cleaning). Beware of irritating the piercing (clothing, brushes, phones, etc.).
- ❖ Do not over wash the piercing. Since your body does most of it's healing at night, twice a day is sufficient (morning and night). Three times a day at most if required.
- ❖ Do not closely cover wound (e.g. with a bandage). Allow access to air.
- ❖ A piercing may take from 1 to 6 months to heal and some may take as long as 1 year to heal completely (cartilage, for example). Your piercer will have more specific information on healing times. On average it takes 4 to 12 weeks, but depends on the area pierced, lifestyle factors and the individual's healing ability. Multi-vitamins and zinc supplements may also aid healing.
- ❖ People heal differently. You may experience some itching, burning or tightness during healing. Tightness may remain after healing. Odours from secretions in the area of the new piercing are not uncommon. Bleeding, bruising, tenderness, discoloration and/or swelling are not uncommon, but prolonged soreness, excessive swelling or redness, or purulent discharge (pus) may indicate an infection. If these symptoms persist contact your piercer and consult your physician.

Never remove the jewellery from an apparently infected piercing. Contact your piercer and consult a physician. Removing your jewellery may lead to your hole(s) closing up, entrapping the infection, possibly resulting in an abscess.

REFERENCES

Infection Prevention and Control Best Practices for Personal Services Settings, Ministry of Health and Long-Term Care, January 2009.

Health Canada “Guidelines for Tanning Salon Owners, Operators and Users.”

Toronto Public Health, Personal Services Settings Resource Package, 2001.

Ministry of Health and Long Term Care, Personal Services Settings Protocol, January, 1998.

Health Canada, Infection Prevention and Control Practices for Personal Services: Tattooing, Ear/Body Piercing, and Electrolysis, July, 1999.



STERILIZATION LOG

Month/Year: _____

Cycle #	Date (dd/mm/yy)	Cycle Start Time	Cycle End Time	Cycle Length	Temp °F or °C	Pressure	Temperature sensitive indicator: Colour Change Observed (Y/N)	Operator's Initials	Comments

Monthly spore strip test submitted _____
(dd/mm/yy)

PLEASE NOTE:

1. Pressure cookers, glass-bead sterilizers, microwaves, U.V. sterilizers, boiling water and dry-heat domestic ovens are NOT approved means of sterilizing.
2. The manufacturer's instructions for the sterilizing equipment must be onsite and easily accessible.
3. A record book for monitoring each load placed in the sterilizer (temperature, pressure and cycle length) must be maintained onsite for a minimum of one year.
Monthly spore strip test results must be kept onsite for a minimum of one year.

For more information visit: www.algomapublichealth.com or contact your local Algoma Public Health Office.

- | | | | |
|--|--|--|---|
| <input type="checkbox"/> Sault Ste Marie
(705) 759-5286 | <input type="checkbox"/> Blind River
(705) 356-2551 | <input type="checkbox"/> Elliot Lake
(705) 848-2314 | <input type="checkbox"/> Wawa
(705) 856-7208 |
|--|--|--|---|

(Adapted with permission from Durham Region Health Department.)

HANDWASHING



WET HANDS



SOAP & LATHER
(20 SEC.)



RINSE



TOWEL DRY



TURN OFF TAP
WITH TOWEL



HANDWASHING



WET HANDS



SOAP & LATHER
(20 SEC.)



RINSE



TOWEL DRY



TURN OFF TAP
WITH TOWEL

