



emendee
salontips

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Because of the type of products and the way in which you work, it is not possible to remove all of the odours in your salon. Here are some tips to help you minimize them.

- * Every time you open your bin you release odours. This is equal to about **25%** of all smells in a nail salon.
 - ➔ Bag your rubbish in zip lock bags so this won't happen.
 - ➔ Make sure that you open all of your bottles over the machine. The odour molecules are sticky and as such need to be captured before they stick to other surfaces in your salon. The emendee workstation cleans 986 cubic metres of air every hour but the odour molecules will be able to cling to other surfaces unless you catch them at the source.
 - ➔ Make sure that your bottles and drawers all seal well to minimize release
- * Clean up all spills as soon as possible
- * Remove all towels from the work area as they harbour dust and bacteria

safe workplacetips

- * Make sure that all cords are removed from walkways
- * Do not have food or drink at your work area. If you must have something, make sure that it is a bottle of water with a sealed cap so nothing can enter the bottle. Read the Hazards card and then you will realise you do not want these products inside your body
- * If you are experiencing some pain in your hand (from gripping the client's finger) then there is a number of things you can do.
 - ➔ Invest in some emendee gel wrist rests.
 - They remove the need for towels on your workstation (towels harbour dust and bacteria and if you bump them, you rerelease dust back into the air).
 - They stop you from having to pull your client towards you so effectively handcuffing them to the table.
 - They also make sure your wrist is in a relaxed position so you will minimise the possibility of carpal tunnel.
 - They support your clients hand so that their wrist is supported and their hands are relaxed.
 - They stop you from hurting the nerves in your forearm that give you elbow and shoulder pain.
 - ➔ You can hold a nail polish bottle in the palm of your hand to help train your hand not to trap the nerve that causes carpal tunnel pain.
- * Sit as straight on to the table as possible to minimize back ache. Good posture is important. Make sure that your chair has
- * Educate yourself with information through the trade magazines and internet to make sure that you are operating using best practice. Or attend one of the WH & S training sessions specific to the nail industry held by **emendee**training.