

The Academy of Nail Design's



The Academy of Nail Design

**DERMA CARE NAIL
SPECIALIST (D.C.N.S.)
PROGRAM**

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Health Care Practitioners (C.E.B.H.C.P.)

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Derma Care Nail Specialist (D.C.N.S.) Program

∞ Lesson 3 ∞

**I. D.C.N.S.
Decontamination
Protocols**

**II. D.C.N.S.
Decontamination
Checklist**

D.C.N.S. Decontamination Protocols

Cleaning vs. Sanitization vs. Disinfection vs. Sterilization

“Cleanliness is next to Godliness.”

A statement never rang more true than in the nail industry.

Remember *clean* does not equal sanitized, disinfected, or sterilized.

All clients of a salon assume that the salon and all its implements and equipment have been disinfected and are free of “germs”. As all nail professionals assume that all clients are free of any contagious infections.

In both cases this may not be true. It is extremely important as a **D.C.N.S.** to closely follow industry standards and regulatory laws for the purposes of cleaning, disinfecting and/or sterilization of all surface areas and instruments.

We may all feel we are following industry regulations properly, and sometimes that is based on our school training or products we may have reviewed, but the only sure way to confirm that you and your staff are performing the right protocols is to contact your health and safety board directly, as industry standards can change often.

How do you know what the current laws and guidelines are in your area?

Time to RESEARCH



Contact your local health and safety board and ask them for their guidelines for personal services. Then compare them with the current protocols that you are following in your salon or spa now. Are yours perfect?

It is your responsibility to follow proper guidelines, if you don't, you run the risk of fines or being shut down – as well as cross-contaminating clients and equipment. If you feel your local regulations are quite enough then be sure to not only follow local guidelines but implement your higher standard so that you feel comfortable that you are providing the safest services possible.

Write out an explanation of your protocols and why you follow them to keep on hand in case you are required to be inspected and you need to explain your choices. Not all local inspectors understand the

different advanced products available in today's market for personal services decontamination, so if you are using such a product than be prepared to explain why.

What's the difference anyway?

Very few people recognize the difference between cleaning, sanitizing, disinfecting, and sterilizing. Knowing these differences becomes extremely important when dealing with the public.

We'll discuss the difference between these levels of decontamination (better known as cleaning) procedures later in this module, but first we should take a quick look into exactly what you are guarding yourself and your clients against.

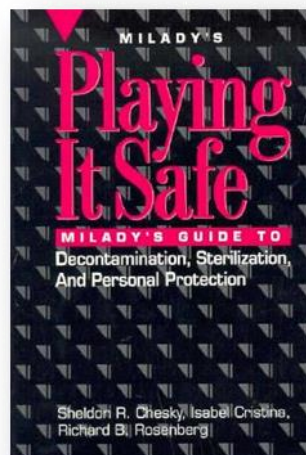
“**GERMS**” are the common term used for “**pathogenic** (capable of producing an infection) bacteria or other **microorganisms**” (living organisms unseen by the naked eye) which include bacteria, fungi, viruses, and parasites.

Germ are present in bodily secretions, feces, on surface areas, towels, equipment, and the skin and are capable of spreading from an infected person to a healthy person.

Please note that there are several books devoted to the study, and you should read at least one or two in order to further understand infectious diseases and how they are transmitted.

We recommend reading Milady's “Playing it Safe – Milady's Guide to Decontamination, Sterilization and Personal Protection”

by Sheldon R. Chesky, Isabel Cristina, Richard B. Rosenberg



Bacteria and other microorganisms can be passed from client to client and from client to you. So, it is very important that the cycle is broken before healthy people (including yourself) are infected.

You may be unable to determine whether a person is carrying an infectious disease by simply looking at them. In fact, many infected people may not even know themselves that they are infected, so don't rely on outward appearance.

Most diseases have incubation periods (the time between exposure to an infectious disease and the appearance of the first signs or symptoms).

For example, the incubation period for Hepatitis B can be 50-150 days, Salmonella can incubate for 6 - 48 hours, and HIV can take anywhere from 3-10 years in the incubation phase without showing any symptoms.

Therefore, you may be exposed to infected person who shows no sign of being sick, and they themselves may not even know they've been exposed, so we recommend treating all your clients, implements, equipment and work surfaces as though they had been exposed to infectious microorganisms each and every time you clean.

Transmission

The most common means of transmission of infectious microorganisms in a salon are:

Direct contact – Infectious diseases are most commonly transmitted through direct person-to-person contact. Transmission occurs when an infected person touches or exchanges body fluids with someone else.

Surface area contact or indirect contact – when a person comes in contact with a contaminated surface area.

Inhalation – you can transmit microbes to another person through the air by coughing or sneezing. These are common ways to get viruses that cause colds or flu, or the bacteria that cause tuberculosis.

Ingestion when a person drinks or eats from a container that has infectious microorganisms present.

Let's get things straight!

What are the differences between cleaning, sanitizing, disinfecting and sterilization? All decontamination protocols must be done in order and sequence.

For example, there is no use sterilizing an implement that has not been properly cleaned. So let's look at each vital step in the sequence they must happen in order for them to be effective.

NUMBER 1. The first step in keeping a salon healthy is to **clean**.



Cleaning would consist of sweeping up debris off the floor and surfaces (manicure table tops etc.), taking out garbage, dusting etc. This is the just the first step and by no means the end for keeping a work area healthy.



If a work area is not free of clutter, food and debris, then it is definitely not free of what could be infectious bacteria or other dangerous microorganisms.

Never have open containers, chemical spills, food or drinks, garbage, or used towels lying around. That is a sure way to allow bacteria to multiply and spread. This is also the fastest way a client can tell this is not a healthy salon, and a sign to run, not walk out the door.

NUMBER 2. The next step in keeping a salon healthy is to **sanitize**.

To **sanitize** means to ‘reduce the number of pathogens (Bacteria, viruses, parasites, and fungi) on a surface.’

Sanitizing can be accomplished with most household cleaning products, detergents or by washing your hands. This is a very *important but very low level* of decontamination (cleaning).

NUMBER 3. The next level or step is to **disinfect**.

Disinfecting means ‘to kill specific microorganisms by physical or chemical means.’

There are different levels of disinfection, which are:

- 1) limited disinfection (very low level)
- 2) general disinfection (low level)
- 3) hospital-grade disinfection (plain)
- 4) hospital-grade *tuberculocidal* (**Tu-ber-cul-o-see-dhal**) disinfection (ideal)

Most household cleaners are of limited disinfection level, which means they are designed to kill either *staphylococcus* (**Staff-low-koh-kus**) or *salmonella* bacteria, **but not both**.

These types of cleaners are nowhere near the ideal when dealing with a salon.

General level disinfection cleaners will kill both *staphylococcus* and *salmonella* bacteria, but not **TB** organisms. This again makes these types of cleaners not the salon ideal.

The **Tuberculosis (tu-ber-khul-o-sis) organism** is one of the harder organisms on earth to kill, therefore making any disinfectant that can kill this organism ideal for a salon environment. If a disinfectant can kill the **TB organism** it can kill several other harmful bacteria and viruses.

So, when you are choosing a disinfectant for your work environment make sure it is of **hospital-grade tuberculocidal (Tu-ber-cul-o-see-dhal) level**.

READ YOUR LABELS

Did you read the label of the disinfectant you just purchased? Did it specifically state that it was Hospital grade TB level? It should.

Did you also know that if you don't read the manufacturer's instructions on how to properly use the product you will be wasting your time and risking your client's health and your own?



Unfortunately, most nail professionals either don't read their product labels to make sure they've purchased the proper level of disinfectant or even worse, don't use their disinfectant products properly in order that they be effective.

Once you have bought the highest **hospital-grade TB disinfectant**, read the directions on how to use the product carefully on the package and follow them precisely.

If there is any variance from the manufacturer's directions it may make the product ineffective, and you'll be wasting your time.

NUMBER 4. Sterilization

Sterilization means "to kill all forms of biologic life, including the bacterial spore."

A lot of people (nail professionals and clients alike) believe a salon should be **sterilized**. And after reading the following you'll understand why that would be impossible.

Bacterial spores are the most resilient form of life on earth. A bacterial spore can be 10,000 times more resilient to disinfectants when it is in a growing active form.

Sterilization can kill bacterial spores where disinfectants can't.

Sterilization is achieved by heating up a sealed chamber with temperatures and pressures so high that all life is destroyed (an autoclave), or by using the very dangerous ethylene oxide gas, or the latest in sterilization technology – **AHP** (Accelerated Hydrogen Peroxide – a chemical sterilant that requires total immersion for a set period of time).

So when you think about how sterilization can be achieved, is it even possible to 'sterilize a salon'? No, of course not! You're not going to stick your manicure chair into your autoclave and run a cycle! Or completely immerse it in AHP for 20 minutes! However, can we sterilize our re-useable implements? Of course, and we must!

Cost (an issue previously) should now never be a factor for not chemically sterilizing any of your re-useable implements.



If cost was an issue in the past because you do not have the funds to purchase a high-quality autoclave (which is a fast, easy and effective means of providing sterilization for salon implements).

Sterilization for salon implements can also be done safely by immersing implements in a soaking tray containing a chemical sterilant for the prescribed length of time. Refer to your local beauty supply facility for names of manufacturers of high quality easy to use chemical sterilants.



Different items in your salon environment require different levels of decontamination.

Do you know what they are?

Creating Salon Decontamination Protocols



When creating a decontamination protocol, it is imperative to acknowledge what level of ‘decontamination’ each item in your work area requires in order to follow (or exceed) industry standards.

Implements (metal cuticle pusher, cuticle nippers, glass or diamond files etc.) ***and electric file bits*** can be divided into two categories: **semi-critical and critical.**

Semi critical items are implements and tools that are for use on the body, but do not pierce the skin or come into contact with blood or bodily fluids. This should really encompass all of tools used in professional nail services

as nail professionals are not able to pierce skin or cut living tissue. However, accidents do happen and when a tool or implement does pierce the skin it becomes now a critical item. Semi critical items require high level **Hospital grade TB disinfection**.

Critical items are tools or implements that have pierced the skin or been exposed to blood or bodily fluids. Critical items require **sterilization**.

Tabletops, surfaces and floors require high level disinfection. As well as all non-porous surfaces including whirlpool foot baths. Basically, all surface areas that cannot be sterilized should be high level disinfected.

Nail files and buffers, orangewood sticks, sanding bands for electric files. Any item that is one time use such as nail buffers and files that cannot be properly high-level Hospital grade TB disinfected or sterilized should be discarded after use on each client.

DO NOT EVER use a disposable file from one client to another. You are transposing bacteria and microorganisms from client to client. These items are **one time use only** and should be thrown away after being used.

Many students and professionals are surprised to hear this and almost always exclaim that it is too expensive to be throwing away files when they think they can be safely used more than once.

Buying your files and buffers in bulk greatly reduces the cost quite a bit – in fact during a typical service you shouldn't be spending more than .75 cents per client on one time use items, and when you weigh that small amount against a potential lawsuit it quickly makes sense.

Also, the law requires it. If you feel that your service prices don't enable you to use disposable items, raise the price of your services – your clients will understand the .75 cent raise in service price if you explain to them that you've implemented a decontamination protocol to ensure their safety.

What about Client Care kits?

We hear all the time from clients that the salon they go to puts their implements, file and buffer, (and horrifyingly) other sundry items, that were used on them that day into a baggie or some sort of container with their name on it, then the salon stores it away for their next visit. Good idea huh? Simply put – **NO!** Absolutely not!

“What? Really, but I thought this was great idea – there would be no cross-contamination from other clients!”

Yes, you're correct there would be **no cross contamination from OTHER clients**, but that's not really the point is it?

Here's an example that will solidify for you once and for all why Client Care kits are a bad idea.



A salon's client, Jane, goes out for a quick bite to eat at a fast-food restaurant before her salon visit to have her weekly manicure. Unbeknownst to Jane on the 6:00 o'clock news there will be a report of a Salmonella outbreak at that particular restaurant that Jane grabbed her quick sandwich from – now Jane's sick, but Jane doesn't know this yet (she will be in a couple of hours, but for now she is still blissfully unaware). So now Jane comes into the salon, heads to the bathroom to use the facilities, she does wash her hands, but just not quite enough to kill all the Salmonella bacteria that she has on her hands. Jane sits down with her favorite nail professional, Jill, and proceeds to have her manicure.

During her manicure what transfers from Jane's hands to her file and buffer? That's right Salmonella bacteria. So as a diligent nail professional who feels that client care kits are a good idea, Jill cleans and sterilizes Jane's implements, then throws them in the same baggie as Jane's file and buffer to be used the next time Jane comes in for her manicure. See where this is going?

Jane leaves the salon extremely happy with her manicure, goes home and falls very sick. She has no idea that the restaurant that she went to had an outbreak, but her doctors tell her that she has a Salmonella infection and treats her immediately.

Two weeks later when she's finally (and lucky enough) to be feeling better, Jane wants to treat herself with her favorite 'pick me up' treat – a manicure at her favorite salon.

Jill, thrilled to see one of her best clients, trots to the back and pulls Jane's Client Care bag – yes, all set and ready to go from the last time Jane was here!!! The good news is the Salmonella bacteria have now had 2 full weeks to multiply and are covering all the items in the baggie.



Now guess who both get sick? Well at least it wasn't from **cross contamination** from **other** clients!

Never keep, reuse or even give one time use items to your clients. Why not give them to the client? Well let's look at Jane's example again. What if Jill gave that file used on Jane and she stuck it away in her purse and took it home, then pulled it out every once in a while, to file her nails? Not a good idea is it?

It's the LAW – ALL ONE TIME USE ITEMS ARE TO BE THROWN AWAY AFTER USE.

If you feel you'd like to give your client a file for home use, sell him or her a *glass file* for home use and give them strict instructions on how to disinfect the file at home.

Let's talk Cleaning logs. Where is your Cleaning Log?

Your salon or spa should keep cleaning logs that record when and at what level each piece of equipment, surfaces and implements have been cleaned/sanitized/disinfected or sterilized on an 'after each client' daily, weekly and monthly basis.

The employee who does the cleaning should initial beside it in the log to confirm that the process has been completed. You yourself or a salon manager should then also review this log on a regular basis to confirm all areas, equipment and implements have been treated properly and within guidelines.

Salon Cleaning Checklist

Personal hygiene

Your hands come into contact with many items a day in a salon, as well as other people's hair and skin. This could pose a big risk to health if you don't regularly clean your hands and follow these personal hygiene tips.

Daily cleaning should include: M T W T F S S

Ensure hand sanitizer dispensers are installed and wash hands with warm water and soap regularly throughout the day and in between clients.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Make hand sanitizer available for staff and clients as it provides further protection against cross infection.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Disposable gloves should be worn when cutting, styling hair or dealing with clients.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Wear personal protective clothing – such as cut-resistant aprons or gowns – when applicable and change these in between clients.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

For more information on personal hygiene, refer to our [personal hygiene blog](#).

Work surfaces

You need to keep all work surfaces and trolleys clean to prevent infection, it will also make your salon look a lot better too.

Daily cleaning should include: M T W T F S S

Disinfect your surfaces and trolleys with wipes or sprays . This removes bacteria and fine dust. When it comes to cleaning your trolleys, use special long-drip alcohol sprays , which are designed for cleaning plastics.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Phones, tills and keyboards should also be wiped clean with disinfectant too.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

If you have a large salon buy these products in bulk, saving you money in the long run.

Floors

Daily cleaning should include: M T W T F S S

Floors should be swept between each client and mopped with a disinfectant and floor cleaner at the end of each day.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
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D.C.N.S. Decontamination & Safety Salon Checklist

Now that you've understood exactly the difference in the levels of decontamination and what level each item in your salon environment should have, we are going to discuss what will be expected of you as a **D.C.N.S.**

As a **D.C.N.S.** you are going to be held to the highest of standards for salon decontamination protocols.

Before your client arrives

- ✓ Make sure all areas of your salon environment have been cleaned, dusted, garbage taken out, swept and mopped
- ✓ Never have food or beverages in your workspace
- ✓ Always sterilize all re-useable metal implements, regardless whether they are to be considered semi-critical or critical
- ✓ Always store sterilized implements in a Sterilization pouch once sterilized – never in a jar on your manicure table or a drawer
- ✓ Always high-level disinfect all surface areas in your workspace. Make sure to leave the disinfectant on the surface for the proper length of time as directed by the manufacturer so that they have time to work properly before wiping away.
- ✓ Always keep your work area free of all clutter. Never keep any items on your workstation that you will not be using for this specific service
- ✓ Make sure that you have well stocked one-time use items ready for each service



Once your client arrives

- ✓ Explain in detail your D.C.N.S. decontamination protocols to your client so they understand your guidelines
- ✓ Always have your client wash their hands thoroughly
- ✓ Never use a bar soap in your washroom only a pump bottle to avoid cross contamination
- ✓ Always have disposable towels for you clients to dry their hands with in the washroom to avoid washable towels that are used by several clients throughout the day
- ✓ Always use a clean towel(s) with each client service
- ✓ Always sanitize yours and your client's hands with hand sanitizer once they sit at your table and before you perform their assessment

During your service

- ✓ Always open your sterilization pouches with your sterilized metal implements in front of your client, not before they arrive, so they know that they are truly sterilized
- ✓ Always use pump bottles for liquids or lotions and creams – never dip your finger into a container of lotion or cream. Use a disposable orangewood stick if you do not have the product in a pump bottle. Avoid ‘double dipping’
- ✓ Always use a dropper when applying cuticle oil and never touch the client's skin when applying
- ✓ Always use clean lint free pads to remove excess product or existing polish etc.
- ✓ If any items drop on the floor during the service put to the side for sterilization or to be thrown away and use a new item



After your client leaves



- ✓ Always throw away ALL one-time use items. NEVER re-use, create a client care kit or give to the client
- ✓ Always clean then sterilize all re-useable metal implements and store in sterilization pouches
- ✓ Always remove all items from your workstation area
- ✓ Always properly high-level disinfect all surface areas
- ✓ Always tighten product lids or close pump bottle tops
- ✓ Always replace used towel(s)
- ✓ Always sweep up any debris from the floor
- ✓ Update your cleaning log and initial