

# Did You Know?

**By law your employer should:**

- Provide a safe and healthy workplace
- Provide training for the job
- Encourage you to report hazards
- Provide the right protection such as gloves
- Inform you about workers' compensation

**The law requires that you must:**

- Follow safety rules and attend safety training
- Report unsafe work practices
- Report any skin problems or other injuries as soon as possible
- Wear protective clothing which is provided
- Keep work areas clean and tidy

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# Hairdressing & Beauty

Some HANDY advice for the future Hairdresser and Beauty Therapist...



**Hairdressers and Beauty workers include:**

- Hairdressers
- Beauty therapists
- Nail technicians
- Massage therapists

## What is dermatitis?

Work-related dermatitis is a skin condition caused by things that people touch at work. The hands are most commonly affected.

## Dermatitis affecting hairdressers and beauty therapists:

- Irritant contact dermatitis - caused by things that dry out and damage the skin. The main causes are water, handling wet hair, shampoos and salon cleaning products.
- Allergic contact dermatitis - occurs when someone becomes allergic to something they touch at work. Allergic dermatitis shows up hours or days after contact. Common causes are hair dye, hair bleach and perm solution.
- Contact urticaria - also an allergy to something touched at work. The reaction starts immediately after touching it (normally within 30 minutes). Common causes are hair bleach and latex gloves.



Stop this from happening to you

## Prevent skin problems at work

- Apply moisturising cream. Do this at the start and end of a shift. Sorbolene cream is best
- Share the hand washing duties to limit the amount of wet work if possible
- Dry your hands properly, especially between the fingers
- Take rings off at work as soap and water can get trapped underneath
- Wear proper hairdressing gloves
- Don't wear latex gloves



Remember ... You are at high risk of dermatitis, if you have a history of eczema, asthma or hay fever, even if you haven't had it since you were a baby.

## Case Study

### Kim - Hairdressing Apprentice

Kim was 16 years old and started working in a hairdressing salon on weekends and after school. Six months later she began working as an apprentice.

Her duties at the salon included washing clients' hair and cleaning the salon. Her hands became very dry and cracked. Kim had forgotten that she had eczema as a baby. Her mum has asthma.

She did not use gloves, even when she started to use more chemicals. Six months after starting her apprenticeship, her hands became very itchy and red and she had tiny blisters. Kim went to a doctor and after special testing she was found to be allergic to hair dye. She also had irritant dermatitis, caused by continually having wet hands, and using shampoos.

Kim had 6 weeks off work to allow her hands to heal and then returned on different duties. Kim can never use hair dyes again on her clients' hair or her own hair.

Kim now uses a greasy moisturising cream, during and after work. Her workplace is now aware of its responsibility to workers' safety and provides her with hairdresser's gloves when washing, bleaching and perming clients' hair.

### Kim could have avoided developing skin problems by:

- Limiting hair washing to a total of 2 hours a shift
- Wearing gloves when dyeing and washing clients' hair
- Telling her employer about her skin problems earlier
- Using a moisturiser regularly
- Seeing her doctor sooner