

COURSE - 1

HIV/AIDS Salon Update for License Renewal (Two Credit Hours)

Course Learning Objectives

The purpose of this course and the outcome expected is for participants to develop:

- An increased understanding of the HIV virus and AIDS and related issues
- A full knowledge of the Modes of HIV Transmission
- The practical skills needed to apply various Infection Control Procedures
- The knowledge of the core concepts of Clinical Management, testing and treatment of HIV/AIDS
- A complete understanding of the skills necessary to execute HIV infection prevention practices
- A more accurate perception of the attitudes people have towards HIV/AIDS
- The ability to choose appropriate behavior in dealing with persons who may have the virus or syndrome
- A well developed understanding of communicable illnesses that can be spread from person to person.

Course Overview:

The purpose of this course is to provide the participant with knowledge about HIV/AIDS and other communicable diseases. Although there are concerns about many diseases, specific attention is being given to HIV infection and AIDS because of the varied and complicated issues they bring to our workplace and the community. Effective HIV and AIDS education can help prevent new infections by providing people with information about HIV and how it is spread from one person to another, and in doing so equipping individuals with the knowledge to protect themselves from becoming infected with the virus. HIV education for the salon professional provides the knowledge needed to protect clients from exposure to infectious materials and thereby to protect the spread from client to client. If you have been wondering what is going on with HIV/AIDS now days this course is going to answer that question.

There was a time in the past when HIV was the main subject of every evening news channel for years. Now you rarely hear anything on the news, you'd almost think HIV/AIDS just disappeared. Unfortunately nothing could be further from the truth. It is still a looming threat to anyone that is sexually active. This course takes a look at what HIV is, its origin, where its been and new trends that are emerging according to the latest available 2014 Global Report and other recent scientific data. Within the course material is a review of why and how HIV infection ultimately results in AIDS, the modes of transmission, and how to prevent its spread. This course also explores the various types of testing available for the virus and where the tests can be obtained. Other important

information examined in this course is methods of medical treatments commonly prescribed including the clinical management of persons who are infected with HIV.

The ever-present issue of AIDS discrimination still acts to contribute to this dreaded disease. As a result, in this course a special focus is given to the stigma associated with HIV/AIDS and how it has played a major role in the spread, which still as recent as 2014, has been found to obstruct the management of HIV/AIDS world wide. Course content includes some rather surprising changes in trends among nations and the causes of these changing trends. The negative issues that result from the stigma of HIV/AIDS are not just global, they also affects people on a personal level. For this reason laws have been passed to protect persons who are HIV positive, this course looks at the rights and protections afforded by law and makes suggestions on work place programs that can be initiated in the salon to protect the rights of those who may be infected and as such, reduce liability to salon professionals who otherwise may not be aware of how to appropriately deal with persons with the virus or syndrome. Due to the problematic nature of HIV/AIDS co-infection with other diseases, particularly STD's and STI's how and why this happens and how to prevent it is explored within the pages of this course with an emphasis on new strands of TB.

Aside from sexually transmitted diseases and disorders there are disorders and other disease causing bacteria that should always be a constant concern to salon professionals. This course covers various other communicable disorders and diseases that can affect the salon environment. As a salon professional it is important that you recognize them, and know the appropriate course of action when confronted with a situation involving any condition that could be contagious. In summation this course takes a look at some basic infection control practices to reduce and eliminate the spread of infection through infection control practices.

Thirty five million people were living with HIV in 2013. The HIV epidemic is not over in the United States. The total number of people living with HIV in North America increased from an estimated 1.1 million [850 000–1.3 million] in 2001 to 1.4 million [1.1 million–2 million] in 2012 and almost 1 in 7 (14%) are unaware of their infection. The epidemic continues to affect all groups; however, of the 50,000 Americans who will become infected with HIV this year, current research has indicated half will be under the age of 25. Infections among women and adolescents are still increasing the fastest of all population groups.

In North America, there were approximately 21,000 [17,000–28 000] AIDS-related deaths in 2011 compared to 20,000 [16 000–26,000] in 2001. AIDS affects our children, our co-workers, our employees and our customers. Educating everyone about how to protect themselves and their loved ones is the only way that we can stop the spread of this needless threat to the public health and the world economy.

Where Are We At With the HIV/AIDS Epidemic in 2015?

Something's have remained consistent regarding HIV/AIDS such as the modes of transmission, and the precautions that control the spread of HIV. Unfortunately the stigma attached to persons who have or may be infected with HIV or who are living with AIDS too is still prevalent.

Although the number of new HIV infections has declined from 2001 to 2014 the number of persons living with HIV has grown. This is in part due to the advancement of drug treatments extending the lives of those who are infected and that are on a drug treatment program. .

People living with HIV

- In 2013, there were 35 million [33.2 million–37.2 million] people living with HIV.
- Since the start of the epidemic, around 78 million [71 million–87 million] people have become infected with HIV and 39 million [35 million–43 million] people have died of AIDS-related illnesses.

New HIV infections

New HIV infections have fallen by 38% since 2001. Worldwide, 2.1 million [1.9 million–2.4 million] people became newly infected with HIV in 2013, down from 3.4 million [3.3 million–3.6 million] in 2001.

New HIV infections among children have declined by 58% since 2001.

Worldwide, 240 000 [210 000–280 000] children became newly infected with HIV in 2013, down from 580 000 [530 000–640 000] in 2001.

Half of all reductions in new HIV infections in the last two years have been among newborn children—showing that elimination of new infections in children is possible.

AIDS Related Deaths

Globally there were more than half a million fewer deaths in 2014 than in 2005. However two regions experienced significant increases in AIDS-related deaths; Eastern Europe and Central Asia (21%) and the Middle East and North Africa (17%).

These figures demonstrate that positive behavior change can alter the course of the epidemic—while stigma and discrimination, lack of access to services and bad laws can make epidemics worse. In both cases, the effects are often profound.

Bloodborne Pathogens

Bloodborne Pathogens means pathogenic microorganisms such as viruses or bacteria that are present in human blood and can cause disease in humans. There are many different bloodborne pathogens. These pathogens include, but are not limited to, malaria, syphilis, Hepatitis B Virus (HBV), Hepatitis C Virus (HCV), and the Human Immunodeficiency Virus (HIV).

A Virus Called HIV Causes AIDS

HIV stands for human immunodeficiency virus. The term AIDS applies to the most advanced stages of HIV infection. HIV has been identified as the virus that causes AIDS (acquired immunodeficiency syndrome). Evidence indicates that AIDS is caused by the human immunodeficiency virus (HIV), which was discovered in 1983. HIV is spread from one person to another through sharing of needles, unprotected sexual contact, blood and body fluids. HIV infection could be described as having 3 stages: acute/early, middle and advanced (AIDS).

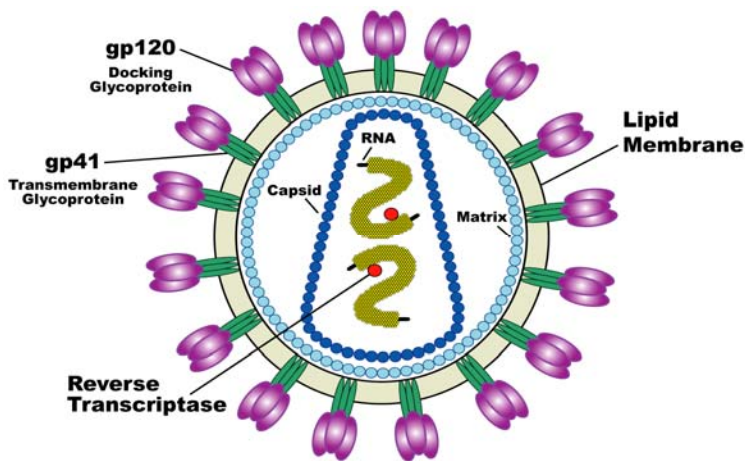
The HIV virus attacks a person's immune system and, over time, destroys it. By the time an individual begins to experience diseases and infections as the consequence of the destructive process of HIV, his/her T-cell count is commonly below 200 per milliliter. An individual develops AIDS when his/her immune system can no longer successfully fight off disease and infection, and if not attended to, the person will die from complications.

HIV does not discriminate and anybody can acquire the virus. People infected with HIV may seem and feel healthy for an extended period. Not uncommonly, it can take up to 10 years for a person infected with HIV to develop AIDS. Thus, infected people may spend a decade not knowing that they are infected, yet are all the while infecting others. Symptoms of infection differ from one person to another. Some people get fevers and diarrhea others get swollen glands.

Commonly, people infected lose weight for no apparent reason while the virus cripples the body's defenses. At the time people develop AIDS, they might have illnesses that people not infected would usually resist. It is necessary to take a blood test in order to determine if an individual is infected with HIV.

The Centers of Disease Control and Prevention (CDC) are responsible for tracking the spread of AIDS in the United States. The CDC defines a person with AIDS as someone with:

- A positive HIV antibody or antigen test,
- A T-cell (CDR) count of fewer than 200 CD4+ T cells per cubic millimeter of blood. (Healthy adults usually have CD4+ T-cell counts of 1,000 or more.) and,
- A diagnosis of one or more opportunistic diseases or conditions associated with AIDS.



THE STRUCTURE OF HIV

In addition, the definition includes 26 clinical conditions that affect people with advanced HIV disease, known as OI's or opportunistic infections.

Modes of HIV Transmission

For more than 30 years, scientists have made new discoveries about HIV infection and AIDS. But one piece of information has never changed – how the disease spreads. Scientists have confirmed and reconfirmed this for more than 30 years. The basic facts about HIV transmission and prevention are sound. They can be trusted.

These are some of the common ways, in which HIV is spread. The most effective method of HIV transmission is blood to blood, however, a sufficient amount of HIV blood must gain entry into the bloodstream to cause infection. Records have shown that contact between infected blood and intact skin (i.e. no breaks in the skin, lesions, or open sores) cannot transfer the virus from one person to another. Conversely, having vaginal, anal, or oral sex without a latex condom, or sharing needles or syringes will. It should also be known that AIDS if untreated, can be transmitted from an infected mother to her baby during pregnancy, childbirth, and, although rarely, also through breast-feeding.

Risky Behavior

HIV can infect anyone who practices risky behaviors such as:

- Sharing drug needles or syringes
- Having sexual contact, including oral, with an infected person without using a condom
- Having sexual contact with someone whose HIV status is unknown

Infected Blood

HIV also is spread through contact with infected blood. Before donated blood was screened for evidence of HIV infection and before heat-treating techniques to destroy HIV in blood products were introduced, HIV was transmitted through transfusions of contaminated blood or blood components. Today, because of blood screening and heat treatment, the risk of getting HIV from such transfusions is extremely small.

Contaminated Needles

HIV is frequently spread among injection drug users by the sharing of needles or syringes contaminated with very small quantities of blood from someone infected with the virus. Although possible, it is rare for a patient to give HIV to a health care worker by accidental sticks with contaminated needles or other medical instruments.

Mother to Child

Women can transmit HIV to their babies during pregnancy or birth. Approximately one-quarter to one-third of all untreated pregnant women infected with HIV will pass the infection to their babies. HIV also can be spread to babies through the breast milk of mothers infected with the virus. If the mother takes certain drugs during pregnancy, she can significantly reduce the chances that her baby will get infected with HIV. If health care providers treat HIV-infected pregnant women and deliver their babies by cesarean section, the chances of the baby being infected can be reduced to a rate of 1 percent. HIV infection of newborns has been almost eradicated in the United States due to appropriate treatment.

For more information on preventing the transmission of HIV from mother to child, you can visit the [aidsinfo.com](http://aidsinfo.nih.gov/guidelines) Website at <http://aidsinfo.nih.gov/guidelines>.

Saliva

Although researchers have found HIV in the saliva of infected people, there is no evidence that the virus is spread by contact with saliva. Laboratory studies reveal that saliva has natural properties that limit the power of HIV to infect, and the amount of virus in saliva appears to be very low. Research studies of people infected with HIV have found no evidence that the virus is spread to others through saliva by kissing. HIV, however, can infect the lining of the mouth, and instances of HIV transmission through oral intercourse have been reported. Scientists have found no evidence that HIV is spread through sweat, tears, urine, or feces.

Casual Contact

Studies of families of HIV-infected people have shown clearly that HIV is not spread through casual contact such as the sharing of food utensils, towels and bedding, swimming pools, telephones, or toilet seats. HIV is not spread by biting insects such as mosquitoes or bedbugs.

Sexually Transmitted Infections

If you have a sexually transmitted infection (STI) such as syphilis, genital herpes, chlamydial infection, gonorrhea, or bacterial vaginosis appears, you may be more susceptible to getting HIV infection during sex with infected partners.

Early Symptoms of the HIV Virus

Many people who are HIV-positive do not have symptoms of HIV infection. Often people only begin to feel sick when they progress toward AIDS (Acquired Immunodeficiency Syndrome). Sometimes people living with HIV go through periods of being sick and then feel fine.

It is important to remember that some symptoms of HIV infection are similar to symptoms of many other common illnesses, such as the flu, or respiratory or gastrointestinal infections.

Early Stages of HIV: Signs and Symptoms

As early as 2-4 weeks after exposure to HIV (but up to 3 months later), people can experience an acute illness, often described as “the worst flu ever.” This is called *acute retroviral syndrome* (ARS), or primary HIV infection, and it’s the body’s natural response to HIV infection.

During primary HIV infection, there are higher levels of virus circulating in the blood and HIV is present in large quantities in genital fluids. In this period, people are very infectious, and can more easily transmit the virus to others.

Symptoms can include:

- Fever
- Chills
- Rash
- Night sweats
- Muscle aches
- Sore throat
- Fatigue
- Swollen lymph nodes
- Ulcers in the mouth

It is important to remember, however, that not everyone gets ARS when they become infected with HIV.

Enlarged lymph nodes (glands of the immune system easily felt in the neck and groin); these symptoms usually disappear within a week to a month and are often mistaken for those of another viral infection. More persistent or severe symptoms may not appear for 10 years or more after HIV first enters the body in adults, or within 2 years in children born with HIV infection. This period of "asymptomatic" infection varies greatly in each individual. Some people may begin to have symptoms within a few months, while others may be symptom-free for more than 10 years.

Even during the asymptomatic period, the virus is actively multiplying, infecting, and killing cells of the immune system. The virus can also hide within infected cells and lay dormant. The most obvious effect of HIV infection is a decline in the number of CD4 positive T (CD4+) cells found in the blood; the immune system's key infection fighters. The virus slowly disables or destroys these cells without causing symptoms.

While the virus itself can sometimes cause people to feel sick, most of the severe symptoms and illnesses of HIV disease come from the *opportunistic infections* that attack a damaged immune system. As a person’s immune system worsens, a variety of complications start to take over. For many people, the first signs of infection are large lymph nodes or "swollen glands" that may be enlarged for more than 3 months.

Other symptoms often experienced months to years before the onset of AIDS include:

- Lack of energy
- Weight loss
- Frequent fevers and sweats
- Persistent or frequent yeast infections (oral or vaginal)
- Persistent skin rashes or flaky skin
- Pelvic inflammatory disease in women that does not respond to treatment
- Short-term memory loss

Some people develop frequent and severe herpes infections that cause mouth, genital, or anal sores, or a painful nerve disease called shingles.

Opportunistic Infections

HIV doesn't kill anybody directly. Instead, it weakens the body's ability to fight disease. Infections, which are rarely seen in those with normal immune systems, are deadly to those with HIV. People with HIV can get many infections (called opportunistic infections, or OIs), sometimes referred to as opportunistic diseases. Most opportunistic infections generally do not affect healthy people. In people with AIDS, these infections are often severe and sometimes fatal because the immune system is so ravaged by HIV that the body cannot fight off certain bacteria, viruses, fungi, parasites, and other microbes.

Types of OI's include:

- Bacterial and Mycobacterial
- Fungal Infections
- Malignancies
- Protozoal Infections
- Viral Infections
- Neurological Conditions

Symptoms of Opportunistic Infections

Common symptoms in people with AIDS include:

- Coughing and shortness of breath
- Seizures and lack of coordination
- Difficult or painful swallowing
- Mental symptoms such as confusion and forgetfulness
- Severe and persistent diarrhea
- Fever
- Vision loss
- Nausea, abdominal cramps, and vomiting
- Weight loss and extreme fatigue
- Severe headaches
- Coma

Children with AIDS may get the same opportunistic infections as do adults with the disease. In addition, they also have severe forms of the typically common childhood bacterial infections, such as conjunctivitis (pink eye), ear infections, and tonsillitis.

Cancers

People with AIDS are also particularly prone to developing various cancers, especially those caused by viruses such as Kaposi's sarcoma and cervical cancer, or cancers of the immune system known as lymphomas. These cancers are usually more aggressive and difficult to treat in people with AIDS. Signs of Kaposi's sarcoma in light-skinned people are round brown, reddish, or purple spots that develop in the skin or in the mouth. In dark-skinned people, the spots are more pigmented.

Health care providers use radiation, chemotherapy, or injections of alpha interferon-a genetically engineered protein that occurs naturally in the human body-to treat Kaposi's sarcoma or other cancers associated with HIV infection.

During the course of HIV infection, most people experience a gradual decline in the number of CD4+ T cells, although some may have abrupt and dramatic drops in their CD4+ T-cell counts. A person with CD4+ T cells above 200 may experience some of the early symptoms of HIV disease. Others may have no symptoms even though their CD4+ T-cell count is below 200.

Many people are so debilitated by the symptoms of AIDS that they cannot hold a steady job nor do household chores. Other people with AIDS may experience phases of intense life-threatening illness followed by phases in which they function normally.

Many of these illnesses are very serious, and they need to be treated. Some can be prevented. A number of available drugs help treat opportunistic infections. These drugs include:

- Foscarnet and ganciclovir to treat CMV (cytomegalovirus) eye infections
- Fluconazole to treat yeast and other fungal infections
- TMP/SMX (trimethoprim/sulfamethoxazole) or pentamidine to treat PCP (Pneumocystis carinii pneumonia)

Facts About HIV/AIDS

1) AIDS results from the late stage of infection with HIV. The onset of AIDS can take up to 10 or more years, and new drug therapies can delay the progression of the disease into AIDS even longer. A person infected with HIV may look and feel healthy for many years, but can still transmit the virus to others, which is why testing is so important.

2) HIV is transmitted through the exchange of any HIV infected body fluids. Transfer may occur during all stages of the disease. The HIV virus is found in the following fluids: blood, semen (and pre-ejaculated fluid), vaginal secretions, and breast milk. HIV does not survive long outside the body and therefore can only be transmitted when any of the above body fluids from an infected individual enters an uninfected individual.

3) HIV most frequently is transmitted sexually. The only way you can be completely sure to prevent the sexual transmission of HIV is by abstaining from all sexual contact. How can you have sex and still significantly reduce your risk of contracting

HIV? By correctly using a latex condom from start to finish, every time you have vaginal sex or anal intercourse. Use a condom with each act of oral sex on a man. Oral sex can transmit HIV. Use a dental dam or a condom cut open while performing each act of oral sex with a woman. Bear in mind that all semen, even pre-ejaculated fluid, can carry the HIV virus. Engage in safer sex practices that involve no penetration, (such as kissing, massaging, hugging, touching, body rubbing, and masturbation).

4) It is important to know that in the US, all blood, organs, and tissues used during transfusions or surgeries have been tested for HIV. Medical professionals immediately and carefully dispose of all contaminated products. All medical and surgical instruments, including those used for tattooing and body piercing, must be completely sterilized or discarded properly after each use in order to prevent HIV transmission. For information on HIV/AIDS in the work place or referrals to organizations that handle the proper disposal of medical instruments call the CDC National HIV/AIDS Hotline at 1-800-342-AIDS.

5) Anonymous HIV testing is the only form of HIV testing that is not name based. If you receive a test from an anonymous testing center, no one but you will know the results of your test. Currently, 40 states plus the District of Columbia and Puerto Rico offer anonymous testing.

6) You do not get HIV from donating blood, from mosquito bites or bites from other bugs, from the urine, sweat, or sneezes of an infected person, nor from public restrooms, saunas, showers or pools. You also do not get HIV from being friends with a person who has HIV/AIDS, touching, hugging, or dry kissing a person with HIV, sharing towels or clothing, or sharing eating utensils.

7) Young adults (under age 25) are quickly becoming the most at risk age group, now accounting for an estimated 50% of all new HIV infections in the United States. Teenagers and young people here and around the world need to take an active role in changing the course of the HIV/AIDS epidemic by adjusting their behaviors and attitudes toward the disease.

8) Discriminating against people who are infected with HIV/AIDS, or anyone thought to be at risk of infection, violates individual human rights. Every person infected with and affected by HIV/AIDS deserves compassion and support, regardless of the circumstances surrounding their infection. Education is crucial in getting this message out.

Prevention and Safe Practices

HIV is a very dangerous disease, that you may have less of a chance of contracting if you follow some basic guidelines for prevention. The following facts about HIV and AIDS will educate you on how to protect yourself.

If you are sexually active and want to avoid HIV, you must have sex only with a partner who does not shoot drugs, does not share needles or syringes, is not infected, and is monogamous.

Are you asking if this is even possible? Remember that these things are impossible to know for sure about someone unless they never leave your side. There is never a 100% guarantee that a partner will not participate in risky sexual behavior unbeknownst to you.

You can safeguard yourself from the virus. Some of the primary methods are:

- Do not use drugs or alcohol. They keep you from making wise decisions and thinking clearly.
- Do not have sex. You can get infected from one sexual experience.
- Never share any kind of needle or syringe.
- If you do have sex, learn and use safe sex practices.
- Birth control pills and diaphragms will not protect you from HIV or other STD's.

Effectiveness of Condoms

Condoms are classified as medical devices and are regulated by the Food and Drug Administration (FDA). There are many different types and brands of condoms available—however, only latex or polyurethane condoms provide a highly effective mechanical barrier to HIV. In laboratories, viruses occasionally have been shown to pass through natural membrane (“skin” or lambskin) condoms, which may contain natural pores and are therefore not recommended for disease prevention (they are documented to be effective for contraception). Condom manufacturers in the United States test each latex condom for defects, including holes, before it is packaged.

The proper and consistent use of latex or polyurethane (a type of plastic) condoms when engaging in sexual intercourse—vaginal, anal, or oral—can greatly reduce a person's risk of acquiring or transmitting many sexually transmitted diseases, including HIV infection. For condoms to provide maximum protection, they must be put on prior to genital contact, they must be used *consistently* (every time) and *correctly*, from beginning to end, each time you have vaginal, anal, or oral sex.

Women may wish to consider using the female condom when a male condom cannot be used. There is always a chance you won't know if you or your partner is infected. Condoms can provide protection for those who choose to have more than one sexual partner; however, condoms are not a 100% guarantee against HIV.

Condoms do not absolutely exclude the possibility of becoming infected because they can rupture, tear, or even slide off. Latex condoms are approximately 90% effective at preventing pregnancy and the passage of almost all sexually transmitted diseases. Similarly, numerous studies among sexually active people have demonstrated that a properly used latex condom significantly reduces the risk of becoming infected with a variety of sexually transmitted diseases, including HIV infection. This figure would be higher if everyone used a condom properly.

For more detailed information about condoms, see the CDC publication “Male Latex Condoms and Sexually Transmitted Diseases.”

Make careful choices. Whether or not to have sex, or whether or not to use condoms, is a decision you may be faced with at one time or another. Many will be faced with this decision time and time again. Apply what you have learned to make judgments about sex that are beneficial to you and your mate. Get the most recent information from the CDC.

It is impossible for a donor to get HIV from giving blood or plasma. In the United States every piece of equipment (needles, tubing, containers) used to draw blood is sterile and brand new. It is used only once and then destroyed.

The likelihood of acquiring HIV from a blood transfusion in the U.S. is currently remote. At the beginning of the epidemic, some people contracted the virus through infected blood in the nation's blood supply. Subsequently, safeguards were implemented and the risk of getting an HIV contaminated transfusion has diminished significantly, being now estimated at two in one million units of blood.

There is no approved vaccine for HIV or a cure for AIDS. However, there are several medications that are now available to help treat the symptoms of AIDS and permit patients to live more comfortably. None of these medications can exclude a person from becoming infected with HIV, nor can they cure AIDS. On the other hand, people can take an active role in the prevention of HIV infection by understanding the facts and following the guidelines.

Diagnosis through Blood Tests

The only way a person can know if he or she has been infected with HIV is to be tested. Specific blood tests are required to look for, and to verify the presence of HIV antibodies in the blood. In nearly all cases, the body develops antibodies to combat the virus that enters the blood stream. If it is possible that you may be infected with HIV, you should consider taking an antibody blood test and get counseling both before and after being tested.

Accepted blood tests are over 99% accurate. Still, there is usually a window period of a few weeks to a few months subsequent to a person becoming infected before enough antibodies develop to be detected. Get in touch with your local public health department, Red Cross chapter, AIDS service organization, or doctor's office for more information about testing and HIV counseling.

How HIV Tests Work

When HIV enters the body, it begins to attack certain white blood cells called T4 lymphocyte cells (helper cells). Your doctor may also call them CD4 cells. The immune system then produces antibodies to fight off the infection. Although these antibodies are ineffective in destroying HIV, their presence is used to confirm HIV infection. Therefore, the presence of antibodies to HIV results from HIV infection. HIV tests look for the presence of HIV antibodies; they do not test for the virus itself.

Test Models for HIV

HIV testing consists of an initial screening with two types of tests commonly used to detect HIV infection. The most commonly used initial test is an enzyme immune assay (EIA) or the enzyme-linked immunosorbent assay (ELISA). If EIA test results show a reaction, the test is repeated on the same blood sample.

If the sample repeatedly gives the same result or either the duplicate test is reactive, the results are "confirmed" using a second test such as the Western blot. This more specific (and more expensive) test can tell the difference between HIV antibodies and other antibodies that can react to the EIA and cause false positive results. False positive EIA results are uncommon, but can occur. A person is considered infected following a repeatedly reactive result from the EIA, confirmed by the Western blot test.

In addition to the EIA or ELISA and Western blot,

Other tests now available include:

- ⌘ Radioimmunoprecipitation assay (RIPA): A confirmatory blood test that may be used when antibody levels are very low or difficult to detect, or when Western blot test results are uncertain. An expensive test, the RIPA requires time and expertise to perform.
- ⌘ Dot-blot immunobinding assay: A rapid-screening blood test that is cost-effective and that may become an alternative to standard EIA and Western blot testing.
- ⌘ Immunofluorescence assay: A less commonly used confirmatory blood test used on reactive ELISA samples or when Western blot test results are uncertain.
- ⌘ Nucleic acid testing (e.g., viral RNA or proviral DNA amplification method): A less available blood test that can be used to resolve an initial indeterminate Western blot result in certain situations.
- ⌘ Polymerase chain reaction (PCR): A specialized blood test that looks for HIV genetic information. Although expensive and labor-intensive, the test can detect the virus even in someone only recently infected.

Alternatives Tests: Urine and Oral-fluid HIV Tests

Urine and oral-fluid HIV tests offer alternatives for anyone reluctant to have blood drawn. Urine testing for HIV antibodies is not as sensitive or specific as blood testing.

Available urine tests include an EIA and a Western blot test that can confirm EIA results. A physician must order these tests, and the results are reported to the ordering physician or his or her assistant.

Rapid HIV Tests

A rapid HIV test is a test that usually produces results in up to 20 minutes. In comparison, results from the commonly used HIV-antibody screening test, the EIA, are not available for 1-2 weeks. There are currently four rapid HIV tests licensed for use in the United States:

- ⌘ OraQuick Rapid HIV-1 and Advance HIV ½ Antibody Tests, manufactured by OraSure Technologies, Inc.

- ⌘ Reveal G2 HIV-Antibody Tests, manufactured by MedMira, Inc.
- ⌘ Multispot, manufactured by Bio-Rad Laboratories
- ⌘ Uni-Gold Recombigen, manufactured by Trinity Biotech

The availability of these tests may differ from one place to another. These rapid HIV blood tests are considered to be just as accurate as the EIA. As is true for all screening tests (including the EIA), a positive test result must be confirmed with an additional specific test before a diagnosis of infection can be given.

FDA Approved Home Test Kits

The U.S. Food and Drug Administration on July 3, 2012 approved the OraQuick In-Home HIV Test, the first over-the-counter home-use rapid HIV test kit to detect the presence of antibodies to human immunodeficiency virus type 1 (HIV-1) and type 2 (HIV-2). HIV is the virus that causes acquired immune deficiency syndrome (AIDS).

The OraQuick In-Home HIV Test is designed to allow individuals to collect an oral fluid sample by swabbing the upper and lower gums inside of their mouths, then place that sample into a developer vial, and obtain test results within 20 to 40 minutes. A positive result with this test does not mean that an individual is definitely infected with HIV, but rather that additional testing should be done in a medical setting to confirm the test result.

Getting Tested

Evidence suggests that HIV, the virus that causes AIDS, has been in the United States at least since 1978. The following are known risk factors for HIV infection. If you answer yes to any of these questions, you should definitely seek counseling and testing. You may be at increased risk of infection if any of the following apply to you since 1978.

- ⌘ Have you injected drugs or steroids or shared equipment (such as needles, syringes, cotton, water) with others?
- ⌘ Have you had unprotected vaginal, anal, or oral sex with men who have sex with men, multiple partners, or anonymous partners?
- ⌘ Have you exchanged sex for drugs or money?
- ⌘ Have you been diagnosed with or treated for hepatitis, tuberculosis (TB), or a sexually transmitted disease (STD), like syphilis?
- ⌘ Have you received a blood transfusion or clotting factor between 1978 and 1985?
- ⌘ Have you had unprotected sex with someone who could answer yes to any of the above questions?

If you have had sex with someone whose history of risk-taking behavior is unknown to you or if you or they may have had many sex partners, then you have increased the chances that you might be HIV infected.

If you plan to become pregnant, counseling and testing is even more important. If a woman is infected with HIV, medical therapies are available to lower the chance of passing HIV to the infant before, during, or after birth.

Detecting Infection

The HIV-antibody test is the only way to tell if you are infected. You cannot tell by looking at someone if he or she carries HIV. Someone can look and feel perfectly healthy and still be infected. In fact, an estimated one-third of those who are HIV positive do not know it. Neither do their sex partners.

When HIV enters the bloodstream, it begins to attack certain white blood cells called T4 lymphocyte cells (helper cells). The immune system then produces antibodies to fight off the infection. Therefore, the presence of antibodies to HIV result from HIV infection. Testing can tell you whether or not you have developed antibodies to HIV.

Exposure to HIV

To find out when you should be tested, discuss it with your testing site staff or personal physician. The tests commonly used to detect HIV infection actually look for antibodies produced by your body to fight HIV. Most people will develop detectable antibodies within 3 months after infection, the average being 20 days. In rare cases, it can take 6-12 months. During the time between exposure and the test, it is important to avoid any behavior that might result in exposure to blood, semen, or vaginal secretions.

HIV Infection Testing Locations

Many places offer HIV testing including local health departments, private doctors' offices, hospitals, and sites specifically set up to provide HIV testing. It is important to get tested at a place that also provides counseling about HIV and AIDS. Counselors can answer any questions you might have about risky behavior and ways you can protect yourself and others in the future. In addition, counselors can help you understand the meaning of the test results and tell you about AIDS-related resources in your area.

HIV Positive Test Results

If you test positive for HIV, immediate medical treatment and a healthy lifestyle can help you stay well. There are now many drugs that treat HIV infection and AIDS-related illnesses. Prompt medical care may help delay the onset of AIDS and prevent some life-threatening conditions. Persons that test positive for HIV should take a number of important steps to protect his or her health:

- ⌘ See a doctor, even if you do not feel sick. Try to find a doctor who has experience in treating HIV.
- ⌘ Have a TB (tuberculosis) test done. You may be infected with TB and not know it. Undetected TB can cause serious illness, but it can be successfully treated if caught early.
- ⌘ Smoking cigarettes, drinking too much alcohol, or using illegal drugs (such as cocaine) can weaken your immune system. Cessation programs are available that can help you reduce or stop using these substances.
- ⌘ Have a screening test for sexually transmitted diseases (STDs). Undetected STDs can cause serious health problems. It is also important to practice safe-sex behaviors so you can avoid getting STDs.

Stand-alone Testing Centers

Stand-alone sites, also known as freestanding sites, are generally operated by nongovernmental organizations (NGOs) and are not associated with medical institutions. Usually CT is the only service these sites offer, and the staff is dedicated full-time to providing counseling and testing. Because clients most often self refer to stand-alone sites, they are commonly called voluntary counseling and testing (VCT) sites. For reasons of cost and cost-benefit, stand-alone sites are often located in high population density areas and where HIV infection rates are high.

Treatment

Medical science has made progress in the treatment of HIV infection and the associated opportunistic infections (OIs) that come along with HIV. Expanded use of medications for preventing toxoplasmosis, tuberculosis, Mycobacterium avium complex (MAC) and, Pneumocystis carinii pneumonia (PCP), for example, has helped reduce the number of people with HIV who ultimately develop serious illness and die from AIDS.

Also, a number of new compounds in the latest class of drugs, called protease inhibitors, have been federally approved to treat HIV infection. These drugs, when taken in combination with previously approved drugs such as AZT, 3TC and ddI, reduce the level of HIV particles circulating in the blood to very low levels in infected individuals. Treatment results using these drugs have been hopeful, as these drug combinations are more effective than any previously available therapies.

The Food and Drug Administration (FDA) has approved a number of drugs for treating HIV infection. The first group of drugs used to treat HIV infection, called nucleoside reverse transcriptase (RT) inhibitors, interrupts an early stage of the virus making copies of it. These drugs may decelerate the spread of HIV in the body and slow down the onset of opportunistic infections. This class of drugs, is referred to as nucleoside.

Nucleoside analogs include:

- AZT (Azidothymidine)
- ddC (zalcitabine)
- ddI (dideoxyinosine)
- d4T (stavudine)
- 3TC (lamivudine)
- Abacavir (ziagen)
- Tenofovir (viread)
- Emtriva (emtricitabine)

Health care providers can prescribe non-nucleoside reverse transcriptase inhibitors (NNRTIs), such as:

Transcriptase inhibitors include:

- Delavridine (Rescriptor)
- Nevirapine (Viramune)
- Efavirenz (Sustiva) (in combination with other antiretroviral drugs)

FDA also has approved a second class of drugs for treating HIV infection. These drugs, called protease inhibitors, interrupt the virus from making copies of itself at a later step in its life cycle.

Protease inhibitors include:

- Ritonavir (Norvir)
- Saquinavir (Invirase)
- Indinavir (Crixivan)
- Amprenavir (Agenerase)
- Nelfinavir (Viracept)
- Lopinavir (Kaletra)
- Atazanavir (Reyataz)
- Fosamprenavir (Lexiva)

FDA also has introduced a third new class of drugs, known as fusion inhibitors, to treat HIV infection. Fuzeon (enfuvirtide or T-20), the first approved fusion inhibitor, works by interfering with HIV-1's ability to enter into cells by blocking the merging of the virus with the cell membranes.

This inhibition blocks HIV's ability to enter and infect the human immune cells. Fuzeon is designed for use in combination with other anti-HIV treatment. It reduces the level of HIV infection in the blood and may be active against HIV that has become resistant to current antiviral treatment schedules.

Prezcobix, New Once-Daily HIV Drug, Approved by FDA
On Jan. 29, 2015 Prezcobix, a once-daily combination drug, was approved by the U.S. Food and Drug Administration (FDA), for the treatment of HIV in adults. Prezcobix is recommended to be taken once a day with food, and in conjunction with other antiretroviral agents. The approval of Prezcobix may help patients reduce the number of pills in their regimen, potentially relieving pill burden and increasing adherence.

ARV

ARV stands for antiretroviral. Antiretroviral medications are designed to inhibit the reproduction of HIV in the body. If ARV treatment is effective, the deterioration of the immune system and the onset of AIDS can be delayed for years. It is recommended that ARV drugs be used in combinations of at least three drugs.

HAART

Because HIV can become resistant to any of these drugs, health care providers must use a combination treatment to effectively suppress the virus. HAART stands for highly active antiretroviral therapy. It is the combination of at least three ARV drugs that attack different parts of HIV or stop the virus from entering blood cells. Even among people who respond well to HAART, the treatment does not get rid of HIV. The virus continues to reproduce but at a slower pace. Researchers have credited HAART as being a major factor in significantly reducing the number of deaths from AIDS in this country. While HAART is not a cure for AIDS, it has greatly improved the health of many people with AIDS and it reduces

the amount of virus circulating in the blood to nearly undetectable levels.

Adverse effects

Despite the beneficial effects of HAART, there are side effects associated with the use of antiviral drugs that can be severe. Some of the nucleoside RT inhibitors may cause a decrease of red or white blood cells, especially when taken in the later stages of the disease. Some may also cause inflammation of the pancreas and painful nerve damage.

There have been reports of complications and other severe reactions, including death, from the use of some of the antiretroviral nucleoside analogs when used alone or in combination. Therefore, health care experts recommend that you be routinely seen and followed by your health care provider if you are on antiretroviral therapy. The most common side effects associated with protease inhibitors include nausea, diarrhea, and other gastrointestinal symptoms.

In addition, protease inhibitors can interact with other drugs resulting in serious side effects. Fuzeon may also cause severe allergic reactions such as pneumonia, trouble breathing, chills and fever, skin rash, blood in the urine, vomiting, and low blood pressure. Local skin reactions are also possible since it is given as an injection underneath the skin. Although more than two dozen different products are now available for the treatment of HIV infection, there is a growing need for new drugs. Significant problems related to long-term toxicity and adherence are anticipated with therapies that will presumably need to span whole decades. As a result, there is an urgent need for new drugs that are easier to take, with high genetic barriers to the development of resistance and above all, less toxic.

AIDS Drug Assistance Programs

What are AIDS Drug Assistance Programs?

AIDS Drug Assistance Programs (ADAPs) provide HIV-related prescription drugs to low-income people with HIV/AIDS who have limited or no prescription drug coverage. With more than 210,000 enrollees in FY 2013, ADAPs reach approximately one third of people with HIV estimated to be receiving care nationally.² In June 2013 alone, ADAPs provided medications to more than 152,000 clients – the largest number in ADAP history – and insurance coverage to thousands more.

The number of people accessing HIV treatment increased by 63% from 2009 to 2011. In 10 low- and middle-income countries, more than 80% of those eligible are receiving antiretroviral therapy. However, 7 million people eligible for HIV treatment still do not have access. 72% of children living with HIV who are eligible for treatment also do not have access.

AIDS Drug Assistance Programs, established by Congress in 1987, (ADAPs) provide FDA-approved HIV-related

prescription drugs to low-income people with HIV/AIDS who have limited or no prescription drug coverage. They do so directly or by purchasing health insurance that includes medications.

ADAPs reached approximately one quarter of people with HIV/AIDS estimated to be receiving care in the United States. Each state operates its own ADAP, including determining eligibility criteria and other program elements, resulting in wide variation in ADAPs across the country.

Florida ADAP qualifications:

- HIV+
- Income 400% below Federal Poverty Level (less than \$38,013 for 1-person household)
- Uninsured/lacking prescription drug coverage
- Not confined to hospital, nursing home, correctional facility

Released November 25, 2013, by the National Alliance of State & Territorial AIDS Directors that after 5 years there are no individuals on AIDS Drug Assistance Program (ADAP) waiting lists in the United States. This represents a significant milestone as there have been individuals on ADAP waiting lists since January 2008.

Attitudes in the US towards HIV/AIDS

Defining HIV-related stigma and discrimination

UNAIDS defines HIV-related stigma and discrimination as: “a ‘process of devaluation’ of people either living with or associated with HIV and AIDS. Discrimination follows stigma and is the unfair and unjust treatment of an individual based on his or her real or perceived HIV status.” It is important to note that even if a person feels stigma towards another, he or she can decide to not act in a way that is unfair or discriminatory.

Stigma and discrimination are major “road blocks” to universal access to HIV prevention, treatment, care and support. Since the beginning of the epidemic, stigma, discrimination, and gender inequality have been identified as major obstacles to effective responses to HIV. Yet there has never been serious political and programmatic commitment to doing anything about them. Despite the pervasiveness of HIV-related stigma and discrimination in national HIV epidemics and their harmful impact in terms of public health and human rights, they remain seriously neglected issues in most national responses to HIV. Unless this changes, universal access will not be achieved.

National AIDS programs and the international community have embraced the goal of universal access to HIV prevention, treatment, care and support. To achieve this goal, countries will need to address the obstacles that stigma and discrimination pose to the prevention, treatment, care and support for people infected with HIV.

In many countries and communities, the stigma associated with HIV and the resulting discrimination can be as devastating as the illness itself: abandonment by spouse and/or family, social ostracism, job and property loss, school expulsion, denial of medical services, lack of care and support, and violence. These consequences, or fear of them, mean that people are less likely to come in for HIV testing, disclose their HIV status to others, and adopt HIV preventive behavior, or access treatment, care and support. If they do, they could lose everything.

Promote laws supporting the rights of people living with HIV and legal measures against domestic violence, which can be a consequence of HIV stigma. Enforcement of existing laws is a fundamental tool for persons infected with HIV to combat discrimination.

Basic Facts About HIV and the Law

As more effective drug therapies are extending the lives of HIV-positive people—and improving their quality of life—more workers are returning to the workforce and staying productive. Lawsuits filed by HIV-infected workers continue under the ADA. Most of these lawsuits are preventable through training and education.

The majority of people who are infected with HIV are employed. The increase in the number of people with HIV means that in time there will be more employees with HIV on the job. That could mean that you, someone you know or employ, or an employee's family member or close friend is already coping with HIV or AIDS. It is important that you know the laws surrounding HIV/AIDS and how they affect labor leaders, managers, and you.

Laws Protecting People Living With HIV/AIDS

AIDS has generated more individual lawsuits across a broad range of health issues than any other disease in history. The following laws must be kept in mind when making decisions that affect any staff/worker with HIV/AIDS:

Which Laws Affect You?

- ⌘ **The Americans with Disabilities Act of 1990 (ADA)** prohibits employment discrimination on the basis of disability. The ADA, which covers employers of 15 or more people, applies to employment decisions at all stages. Court decisions have found that an individual with even asymptomatic HIV is protected under this law.
- ⌘ The mission of the **Occupational Safety and Health Administration (OSHA)** is to save lives, prevent injuries, and protect the health of America's workers. To accomplish this, Federal and state governments work in partnership with the more than 100 million working men and women and their six-and-one-half million employers who are covered by the **Occupational Safety and Health Act of 1970**.
- ⌘ **The Family Medical Leave Act of 1993 (FMLA)** applies to private-sector employers with 50 or more employees

within 75 miles of the work site. Eligible employees may take leave for serious medical conditions or to provide care for an immediate family member with a serious medical condition, including HIV/AIDS. Eligible employees are entitled to a total of 12 weeks of job-protected, unpaid leave during any 12-month period.

- ⌘ The **Health Insurance Portability and Accountability Act of 1996 (HIPAA)** addresses some of the barriers to health care facing people with HIV as well as other vulnerable populations. HIPAA gives persons with group coverage new protections from discriminatory treatment, makes it easier for small groups (such as businesses with a small number of employees) to obtain and keep health insurance coverage, and gives persons losing/leaving group coverage new options for obtaining individual coverage.
- ⌘ The **Consolidated Omnibus Budget Reconciliation Act of 1986 (COBRA)** allows employees to continue their health insurance coverage at their own expense for a period of time after their employment ends. For most employees ceasing work for health reasons, the period of time to which benefits may be extended ranges from 18 to 36 months.

Appropriate behavior in dealing with HIV Positive People

A discussion on the appropriate behavior in dealing with persons who are or who may be infected with the HIV virus or who have the AIDS syndrome is not complete, free of pointing out the laws that protect HIV positive individuals from discrimination. Appropriate behavior toward HIV positive people and the law are interconnected. Appropriate behavior is always best appreciated when it comes from the heart and with sensitivity. People with HIV infection or AIDS also feel anxious about their health and about how coworkers will treat them. They want to live and work without being singled out or harassed. They need your understanding and sensitivity.

Regrettably, not everyone is compassionate or caring. Realistically though ... it's no secret; some people are just down right rude, and some are even mean and hateful. An unfortunate by product made necessary by people who fit this group, are the many laws, which have been established to protect HIV positive people from unfair treatment.

These laws, not unlike the disease itself, tend to be complicated and can be perplexing. They are designed to protect the rights of HIV positive people, by making certain conduct compulsory so as to compel certain behavior or face the risk of costly legal actions.

Because discrimination laws are complex and compound, without a complete understanding of them, people not intending to be malicious can inadvertently behave contrary to that of which is required by these laws. The only way to protect from legal actions stemming from conduct contrary to

the law is to understand what the laws call for. As always the information in this program is not intended as legal advice. The courts make decisions on a case-by-case basis. Before you get involved in anything that pertains to the information given here, to protect yourself from becoming subject to a court review it is best advised that you consult with an attorney about any questions you may have. This information is intended as a general overview of current laws that protect the rights of HIV positive people, with the expectation you will develop a better understanding of both voluntary behavior toward people with HIV/AIDS, and compulsory behavior toward people with HIV/AIDS, the latter of which if followed can help protect you from unwanted legal actions.

HIV Positive Coworkers or Customers

If someone you know has HIV infection or AIDS, you may feel anxious. That is a normal reaction. People with HIV infection or AIDS also feel anxious about their health and about how coworkers will treat them. Be supportive of coworkers with HIV infection or AIDS. If you have a close relationship, you can let the person know you are concerned and offer support.

1. Most people with HIV infection or AIDS are able to function normally and independently. They want to live and work without being singled out or harassed. They need your understanding and sensitivity.
2. Let the person with HIV infection or AIDS decide whom to tell about their situation. Do not spread rumors or gossip about someone with HIV infection or AIDS.
3. People infected with the virus have damaged immune systems. Be careful not to expose them to your colds or coughs. Even a minor cold can be dangerous to someone with HIV infection or AIDS.
4. Your coworkers may have a spouse, family member, life-partner or close friend with the virus. Be supportive of them.

Discrimination

Forms of Discrimination to HIV Positive People

- ⌘ Denying a person with AIDS the opportunity to participate;
- ⌘ Providing different or separate benefits or services;
- ⌘ Continual harassment;
- ⌘ Pre-employment inquiries about health status or disability;
- ⌘ Questions as to the nature of a disability in the sale or rental of housing;
- ⌘ Questions about sexual behavior or sexual orientation;
- ⌘ Denial of housing based on a disability;
- ⌘ Discrimination based on associating with a person with AIDS;
- ⌘ Failure to make reasonable changes for benefits;
- ⌘ Violating the confidentiality of a person with AIDS or HIV infection;
- ⌘ Failure to stop discrimination;
- ⌘ Retaliation for a complaint
- ⌘ Keeping medical examination records

Rules protecting HIV positive individuals

1. The ADA also requires employers to make "reasonable accommodations" or their disabled workers. "Reasonable accommodations" mean adapting the workplace to the employee's disability so that he/she can continue working.
2. The person with the disability must identify him or herself as having a disability and must request the accommodation.
3. In Florida Any person who maliciously, or for monetary gain, breaches the confidentiality of sexually transmitted
4. Disease information commits a felony of the third degree.
5. HIV positive people cannot be fired for using health or disability benefits.
6. Plan participants and beneficiaries cannot be discharged, fined, suspended, expelled, disciplined, or discriminated against for exercising any right or prospective rights under a plan.
7. Treatment of employees with AIDS or who is HIV positive should be consistent with treatment of other employee medical conditions.
8. The Employee Retirement Income Security Act of 1974 (ERISA) prohibits forced retirement of an employee with AIDS or HIV infection; denial of short or long term disability payments; denial of disability pension, or discontinuation of health insurance.
9. The Americans with Disabilities Act does also prohibit discrimination in the terms and conditions of employment, including health and disability insurance benefits.
10. An employer may not ask or require a job applicant to take a medical examination before making a job offer. It cannot make any pre-offer inquiry about a disability or the nature or severity of a disability.

Workplace Programs and Policies

Design policies and implement workplace programs before being confronted by the issue. Then, you can:

- help prevent the spread of HIV infection among your employees and their families and within your community
- plan for reasonable accommodations as you would for other persons with disabilities
- reduce employee fear, work disruption, and customer concern
- demonstrate your company's responsiveness and compassion
- Meet national and State anti-discrimination requirements as mandated in the ADA, the Rehabilitation Act of 1973, and State and local statutes
- Where applicable, address the Occupational Safety and Health Administration (OSHA) Bloodborne Pathogens Standard in your policy, mandating the use of infection-control procedures and the establishment of written exposure control plans to protect workers

Building Your Own Workplace Program

A division of the CDC known as "Business/Labor Responds to AIDS", (BRTA/LRTA), is a resource for workplace programs that can protect you your employees and your business. If you

are an employee it can protect you from unnecessary litigation and costly court cases, and if you are a person living with HIV/AIDS it can help you know your rights and be treated fairly.

The Five Workplace Program Components

There are five components to the BRTA/LRTA programs. Each of these components can be implemented individually, but the program works best when all five components are implemented as a group. The BRTA/LRTA components are relevant to large and small businesses, labor unions, and other organizations, both domestically and internationally. These components can be used for a specific HIV/AIDS prevention program or can be incorporated into a larger, overall health and wellness program:

HIV/AIDS Policy Development, a written policy that covers HIV that complies with U.S. Federal, state, and local laws or relevant laws in other countries and describes the parameters of legal and other workplace issues. Such as reasonable accommodation, confidentiality, hiring, benefits, non-discrimination, other employment practices, universal precautions, co-worker anxiety, insurance and other healthcare issues, and implementation of workplace education efforts.

Training for managers, supervisors, and labor leaders, to address HIV issues in the workplace. This includes imparting knowledge of the organization's policy and strengthening the ability of leaders and managers to exercise the skills necessary to address the full scope of HIV issues in the workplace.

HIV/AIDS education for employees/workers to address HIV transmission, prevention practices, workplace issues, and the company's HIV policies in these and related areas; with the increased turnover and high mobility of today's workplace, it is necessary to continue with educational efforts consistent with sound training principles. Training sessions must be an ongoing process of information dissemination.

HIV/AIDS education for employees/workers' families, through the employee/worker or directly from the employer to the family.

Tuberculosis

Tuberculosis (TB) is a contagious disease, caused by a bacterium called *Mycobacterium tuberculosis*. TB usually attacks the lungs (pulmonary TB), or vocal cords (laryngeal TB), but can also affect other parts of the body such as the lymph nodes, kidneys, bones, joints, etc. (extra-pulmonary TB).

Tuberculosis (TB) is second only to HIV/AIDS as the greatest killer worldwide due to a single infectious agent. In 2011, 8.7 million people fell ill with TB and 1.4 million died from TB. The estimated number of people falling ill with tuberculosis each year is declining, although very slowly. The TB death

rate dropped 41% between 1990 and 2011. TB is a leading killer of people living with HIV causing one quarter of all deaths. It can affect anyone of any age, and can be fatal.

TB disease can now be treated, cured, and prevented. Antibiotic treatment for infectious TB disease will kill the bacteria in the sputum, usually after a few weeks of taking the pills. The person is no longer infectious to others, and can usually go back to their normal routine as soon as they feel up to it. However, scientists have never come close to wiping it out and TB remains one of the most serious diseases worldwide.

Tuberculosis is not transmitted by contact with a person's,

- clothing,
- bed linens,
- dishes and cooking utensils. ,
- sitting on a toilet seat, or
- handshakes with someone who has TB.

The TB bacteria is spread the same way that cold and flu viruses are spread: through the air. Tuberculosis infection may result after close contact with a person who has infectious TB disease. The greatest risk of TB transmission occurs when TB bacteria are found in the person's sputum (phlegm). A person with infectious TB disease, who is not taking tuberculosis medication, has the bacteria in their nose, throat, and lung secretions and they are propelled into the air whenever they cough, sneeze, laugh, talk, or spit. If another person breathes in these germs, there is a chance they will become infected by the TB germ.

A person with TB infection has breathed TB bacteria into his/her lungs. The tubercle bacilli a person inhales may or may not cause tuberculosis. The human immune system has a variety of ways to capture and kill these bacteria. If the immune system is successful in doing so, the person will not become ill with TB. Many people who have TB infection never develop TB disease. In these people, the TB bacteria remain inactive for a lifetime without causing disease. But in other people, especially people who have weak immune systems, the bacteria become active and cause TB disease.

If the immune system doesn't kill the TB bacteria, the bacteria can remain alive but inactive in the body. This is called TB infection. A person with TB infection is not and does not feel sick and cannot spread TB to others. However, they may progress to TB disease in the future, especially if their immune system weakens. Treatment of TB infection can prevent TB disease. Adults with TB infection have about a 10 % chance of developing TB disease during their lifetime. Adults whose immune system is weakened (serious illness, diabetes, poor eating habits, heavy drinking), the TB bacteria may become active and cause TB disease. People with both TB and HIV infection have a much greater chance of developing TB disease.

Inhaled bacilli, however, may survive the immune system. They may travel throughout the body to organs other than the lungs. In some cases, the bacilli remain active enough to cause

tuberculosis. In about 5 percent of all cases, a person develops tuberculosis within twelve to twenty-four months of being exposed to TB bacteria.

Emerging Strains of TB: MDR-TB and XDR-TB

The World Health Organization (WHO) has expressed concern over the emergence of virulent drug-resistant strains of tuberculosis (TB) and is calling for measures to be strengthened and implemented to prevent the global spread of the deadly TB strains. This follows research showing the extent of XDR-TB, a newly identified TB threat that leaves patients (including many people living with HIV) virtually untreatable using currently available anti-TB drugs.

What is MDR-TB and XDR-TB

TB can usually be treated with a course of four standard, or first-line, anti-TB drugs. Standard anti-TB drugs have been used for decades, and resistance to the medicines is growing. Disease strains that are resistant to a single anti-TB drug have been documented in every country surveyed. If the first-line, anti-TB drugs are misused or mismanaged, multidrug-resistant TB (MDR-TB) can develop. MDR-TB takes longer to treat with second-line drugs, which are more expensive and have more side-effects.

If these drugs are also misused or mismanaged, extensively drug-resistant TB (XDR-TB) can develop. Because XDR-TB is resistant to first- and second-line drugs, treatment options are seriously limited and so are the chances of cure.

MDR-TB (Multidrug Resistant TB) describes strains of tuberculosis caused by bacteria that are resistant to at least the two main first-line TB drugs - isoniazid and rifampicin. XDR-TB or Extensively Drug Resistant TB (also referred to as Extreme Drug Resistance) is MDR-TB that is also resistant to three or more of the six classes of second-line drugs.

The description of XDR-TB was first used earlier in 2006, following a joint survey by WHO and the US Centers for Disease Control and Prevention (CDC). Resistance to anti-TB drugs in populations is a phenomenon that occurs primarily due to poorly managed TB care. Problems include incorrect drug prescribing practices by providers, poor quality drugs or erratic supply of drugs, and also patient non-adherence.

There were about 310 000 cases of MDR-TB among notified TB patients with pulmonary TB in the world in 2011. Almost 60% of these cases were in India, China and the Russian Federation. It is estimated that about 9% of MDR-TB cases had XDR-TB.

People at Risk

- You have spent time with a person known to have active TB disease or suspected to have active TB disease; or
- You have HIV infection or another condition that puts you at high risk for active TB disease; or
- You have signs and symptoms of active TB disease; or

- You are from a country where active TB disease is very common (most countries in Latin America and the Caribbean, Africa, Asia, Eastern Europe, and Russia); or
- You live somewhere in the United States that active TB disease is more common, such as a homeless shelter, migrant farm camp, prison or jail, and some nursing homes); or
- You inject illegal drugs.

TB and HIV Co-infection

HIV is a virus that weakens the cells in the immune system required to fight TB infection. A person who has TB and HIV infection is at a very high risk of TB infection progressing to TB disease. Adults with TB infection have about a 10 % chance of developing TB disease in their lifetime. Adults with TB and HIV infection have a 10 % risk of developing TB disease every year.

TB infection also makes HIV infection progress to AIDS faster. Because their immune system is weak, people with TB and HIV infection may not respond to TB skin tests and their chest x-ray may look normal even if they have TB disease. A person with HIV infection is more likely to develop TB outside the lungs. TB disease may spread from the lungs to the lymph nodes or even to the brain. The symptoms may not be typical, delaying the diagnosis of TB disease and the treatment of TB disease.

Early Detection of Co-infection

People with TB and HIV infection need to know about both diseases as soon as possible. They also need to be seen by a doctor who is an expert in this area to find out if they have TB disease. Treatment of TB infection and treatment of TB disease by an expert could save their life!

Symptoms of TB Disease

People with TB disease of the lungs or vocal cords feel sick. They usually have symptoms such those listed below and may cause the following:

- a bad cough that lasts longer than 2 weeks
- pain in the chest
- coughing up blood or sputum (phlegm)
- weakness or feeling very tired
- weight loss
- no appetite
- chills
- fever
- night sweats

By the time they see a doctor, they may need to be hospitalized. In the hospital they are kept in a special isolation room to protect other patients and health-care workers from becoming infected with TB. They are asked to wear a mask if they have to leave this room.

Extrapulmonary Tuberculosis

TB disease outside the lungs is most often found in the lymph

Most people with TB disease outside the lungs feel sick or weak, lose weight, and have fever and night sweats. In addition, they may have symptoms from the affected area. Some of the tissues and organs in which Extrapulmonary tuberculosis may appear are the following:

- **Bones** (the spine and the ends of the long bones)
- **Kidneys** (kidneys, bladder, the prostate gland (in men), and other nearby organs and tissues)
- **Female reproductive organs** (infection of the ovaries))
- **Abdominal cavity** (membrane lining the abdominal cavity)
- **Joints** (hips and knees. Less commonly, the wrist, hand, and elbow joints) may become painful and inflamed.
- **Meninges** (tissues that cover the brain and the spinal cord. causes tubercular meningitis)
- **Skin, intestines, adrenal glands, and blood vessels** aorta infection)
- **Miliary tuberculosis** (when very large numbers of tubercle bacilli spread throughout the body).

TB Testing

Because people with TB infection do not feel sick and may not know they have been exposed to TB. Having a TB skin test is the best way to find out if you have been infected. Not all people need a TB test. You should get a TB test if you are at increased risk.

The TB Skin Test

The TB skin test is a way to find out if a person has TB infection. Although there is more than one TB skin test, the preferred method of testing is to use the Mantoux test. A significant reaction to the Mantoux skin test indicates the presence of Tuberculosis. This test can prove the presence of TB, even when there are no symptoms of tuberculosis or the presence TB organisms in the sputum (the expectorated material coughed up from the respiratory tree). The disease itself is characterized by the appearance of symptoms, the presence of organisms in the sputum, as well as a significant reaction to a Mantoux skin test.

QuantiFERON-TB Gold Test and T-SPOT.TB test

TB blood tests: TB blood tests (also called interferon-gamma release assays or IGRAs) measure how the immune system reacts to the bacteria that cause TB. An IGRA measures how strong a person's immune system reacts to TB bacteria by testing the person's blood in a laboratory.

Two IGRAs are approved by the U.S. Food and Drug Administration (FDA) and are available in the United States:

1. QuantiFERON-TB Gold In-Tube test (QFT-GIT)
2. T-SPOT.TB test (T-Spot)

Most people infected with the germ that causes TB never develop active TB. If active TB does develop, it can occur anytime from 2 months after infection to many years later. The risk of active disease lessens as time passes. A person with TB disease may remain contagious until he/she has been on appropriate treatment for several weeks. However, a person

with TB infection, but not disease, cannot spread the infection to others, since there are no TB germs in the sputum.

Treatment for TB

In the past, treatment of tuberculosis was primarily supportive. Patients were kept in isolation, away from the healthy population. They were encouraged to rest and to eat well. If these measures failed, surgery was used. Today, surgical procedures are used much less often. Instead, drug therapy has become the primary means of treatment. Patients with TB can now safely rest at home; they pose no threat to other members of the household.

Directly Observed Therapy

Directly observed therapy (DOT) is a component of case management that helps to ensure that clients adhere to therapy. DOT means that a health care worker personally watches the client swallow each dose of TB medication. DOT ensures an accurate account of how much medication the client took. It also provides a mechanism for the early detection of medication adverse reactions or non-adherence.

Drug Therapy

People with active TB disease must complete a course of curative therapy. Initial treatment includes at least four anti-TB drugs for a minimum of 6 months. Medications may be altered based on laboratory test results. A physician must determine the exact medication plan. People with medical risk factors should be skin tested for TB, and their skin test results should be noted in their medical record.

Drugs provide the most effective treatment for TB patients. Three principles govern the use of drug treatment for tuberculosis:

- First, the number of bacilli must be lowered as quickly as possible. By so doing, the risk of transmitting the disease to other people is reduced.
- Second, efforts must be made to prevent the development of drug resistance. If a person develops a resistance to a drug, it will no longer be helpful in curing the disease. As a result, most patients are given a combination of two or three different drugs at first.
- Third, drug treatment must be continued to prevent reoccurrence of the disease.

Five drugs are used today to treat tuberculosis are:

- isoniazid (INH);
- rifampin
- pyrazinamide
- streptomycin and
- ethambutol

Surgery

Treatment for TB can require surgery. Surgery is sometimes used to treat tuberculosis when medication is not effective. One form of surgery involves the introduction of air into the chest. This procedure causes the lung to collapse. In a second procedure, one or more ribs may be removed. A third

procedure involves the removal of all or part of a diseased lung. Other forms of surgery may be used in cases of extrapulmonary tuberculosis.

It is very important to keep taking TB drugs to complete treatment, otherwise drug-resistant TB may develop. Contact tracing is done to find and skin test family, friends and coworkers to look for the spread of TB infection. Some parts of the population are at higher risk of getting TB than others.

The high-risk groups are:

- Elderly people
- Minorities including:
- African Americans
- Hispanics,
- Asians, and people from the
- Pacific Islands
- People who are infected with HIV/AIDS

Prevention of TB

People infected with TB should be evaluated for a course of preventive therapy, which usually includes treatments of an anti-tuberculosis medication for 6 to 12 months. A physician must determine the exact preventive therapy plan. Because HIV infection weakens the immune system, persons with TB infection and HIV infection have a very high risk of getting TB disease. HIV infection strongly increases the risk for tuberculosis infection. TB disease occurs in 7%–10% of patients with HIV infection each year. The increase in numbers of patients with both HIV infection and TB has raised the potential for increasing transmission of drug-resistant tuberculosis strains.

HIV infection, when it occurs in tandem with TB infection, without treatment, can work together to shorten the life of an infected person. Other medical risk factors, which increase the chance of developing TB disease, include diabetes mellitus, prolonged corticosteroid therapy, Immuno-suppressive therapy, cancer, silicosis, as well as being 10 percent or more below ideal body weight.

Seek treatment if TB infection has occurred. It should be noted that TB is one of the few diseases related to HIV infection that is easily prevented and cured with medication.

People that are immune-compromised are currently being treated with drug combinations containing three and four different drugs simultaneously. Conversely, in addition to spreading the disease to others, an untreated person will become severely ill or die.

The most important way to stop the spread of tuberculosis is to cover the mouth and nose when coughing, and to take all the TB medication exactly as prescribed by the physician. Some strains of TB have the ability to grow and multiply even in the presence of certain drugs that would normally kill them. There have been some studies that found strongly increased risks for multidrug-resistant TB (MDR TB) among patients coinfecting with TB and HIV.

Other people who may develop drug-resistant tuberculosis include TB patients who have failed to take anti-tuberculosis medications as prescribed, TB patients who have been prescribed an ineffective treatment plan, and people who have been treated previously for TB. For patients with disease due to multi-drug-resistant organisms, expert consultation from a specialist in treating multi-drug-resistant TB should be obtained. Patients with multi-drug-resistant disease should be treated with a minimum of two or three drugs to which their organisms are susceptible.

It is currently unknown whether preventive therapy can effectively prevent the development of active TB disease in people who are infected with MDR-TB strains. Nevertheless, recommendations concerning preventive therapy for people who have been infected with MDR-TB are being developed by the Centers for Disease Control (CDC).

The most important ways to stop the spread of MDR-TB remain the same—to cover the mouth and nose when coughing, and to seek adequate treatment. It is also essential that health officials directly oversee the administration of TB medications to people who, due to mental illness or incapacity, are unable to follow the prescribed regimens themselves.

Hepatitis

The word *hepatitis* simply means inflammation of the liver. Hepatitis is characterized as a severe inflammation of the liver. It can result from medications, alcohol, or other means including the viruses that cause herpes, mumps, measles, and infectious mononucleosis. Those infected will usually develop liver disease, according to the national Centers for Disease Control and Prevention.

Viral Hepatitis

Hepatitis A (HAV), Hepatitis B (HBV), or Hepatitis C (HCV), are the forms of hepatitis commonly referred to by health professionals when they speak of viral hepatitis.

The Differences between Hepatitis A, B and C

Although hepatitis A, B and C have some similarities, the viruses are significantly different. Hepatitis A (HAV) is found in the stool (feces) of persons with hepatitis A.

HAV is usually spread from person to person by putting something in the mouth (even though it may look clean) that has been contaminated with the stool of a person infected with hepatitis A.

Symptoms usually appear within 2-6 weeks, but are not followed by the chronic problems that hepatitis B and C viruses can cause. The hepatitis B and C viruses can infect a person if his/her mucous membranes or blood is exposed to an infected person's blood, saliva, wound exudates, semen or vaginal secretions. Symptoms appear more gradually than in hepatitis A.

Unlike the hepatitis A virus, the hepatitis B and C viruses can stay in the body sometimes for a lifetime, and may eventually cause chronic and serious liver diseases.

Infection Control

Because the different viruses that cause hepatitis enter the body in different ways, there are several steps you can take to protect yourself from infection.

Practicing Universal Precautions, proper handwashing, and good personal hygiene are good first steps in the prevention and spread on many infectious diseases as you read on steps and practices you can follow to help control the spread of infection are included for you.

The Symptoms of Viral Hepatitis

The list of signs and symptoms mentioned in various sources for Viral Hepatitis includes the symptoms listed below:

Initial Infection:

- No symptoms - in some cases
- Mild symptoms - in some cases

Early Symptoms of Hepatitis Include:

- fatigue
- headache
- tenderness in the upper right abdomen
- sore muscles & joints
- loss of appetite
- an altered sense of taste & smell
- nausea,
- vomiting
- diarrhea
- low-grade fever
- malaise

Later symptoms of Hepatitis Include:

- jaundice - abnormally yellow skin & eyes caused by bile entering the blood
- darkened urine;
- light-colored or gray stool
- yellowing skin
- yellowing eyes
- foamy urine

Diagnosis of Hepatitis

Although health providers use information about a person's symptoms, health history and behaviors to help make a diagnosis, only blood tests can confirm the diagnosis and pinpoint which type of hepatitis a person has.

Treatments for Viral Hepatitis

Since there's no medication that can treat the initial illness that viral hepatitis causes, health professionals manage symptoms as they occur and try to help the body's immune system fight the infection. If you have viral hepatitis, your health care provider may tell you to:

- Avoid alcohol and other drugs, large doses of vitamins, and prescription drugs metabolized by the liver (sometimes including birth control pills)
- Drink high-calorie fluids such as fruit juices and eat a balanced diet that includes dairy products; meat, poultry or seafood; breads and cereals; and fruits and vegetables (To control nausea, try eating several smaller meals)
- Limit activity if your hepatitis is symptomatic; this typically means bed rest at first, progressing to normal activity as symptoms disappear.

Your health professional may recommend hospitalization if you experience severe vomiting or do not feel better after several weeks. You should know that researchers are making gains in treating the chronic liver disease associated with both hepatitis B and C. There is not much available for treatment. Interferon has been approved in chronic hepatitis B and C cases for those aged 18 or older. Prevention is still the best option. The list of treatments mentioned in various sources for Viral Hepatitis includes the following list. Always seek professional medical advice about any treatment or change in treatment plans.

Hepatitis A (HAV)

Hepatitis A: is a liver disease caused by the hepatitis A virus (HAV). Hepatitis A can affect anyone. In the United States, hepatitis A can occur in situations ranging from isolated cases of disease to widespread epidemics. Hepatitis A infects 125,000 - 200,000 people each year and can be easily transmitted. Hepatitis A is passed in the stool of infected persons. Transmission is from person-to-person contact or through contaminated food and water. You can become infected by eating or drinking something that has been contaminated by someone who has the disease.

Symptoms of HAV

Symptoms occur 2-6 weeks after infection and can persist from several days to six months. The virus typically causes some illness and has been known to be mistaken for a stomach virus, although occasionally symptoms are more serious. It is seldom fatal and does not cause permanent liver damage. A person with hepatitis A is considered infectious, which means they can transmit the virus to others as early as two weeks before symptoms appear. The hepatitis A virus does not cause the permanent, chronic symptoms that other hepatitis viruses can cause.

Behavior Practices Associated with Hepatitis A Infection

- Eating contaminated food, such as undercooked shell fish from contaminated water or food handled by someone who has hepatitis A.
- Using silverware, cups or glasses that an infected person touched with unwashed hands.
- Changing diapers or linens that contain stool from someone with hepatitis A and neglecting to wash your hands.
- Sharing food with an infected person or drinking water contaminated with sewage.

- Oral or anal sexual contact with an infected person.
- Traveling to developing countries where the disease is common.
- Sharing needles can also put you at risk. The hepatitis A virus can be transmitted through blood if needles are shared. However, poor hygiene, amongst drug users, may account for the high prevalence seen in the drug community.

Preventive Practices: Monitor Your Meals

Practice good personal hygiene. Always wash your hands after any contact with blood, when cleaning or after using the toilet, and before preparing or eating food. Avoid foods that could be contaminated, such as uncooked shellfish or food that's been prepared by someone who has the virus. When traveling to developing countries, drink only bottled or boiled water, don't use ice, which can expose you to hepatitis A, and don't eat raw fruits or vegetables unless they've been peeled. Foods should be washed thoroughly, and then cooked at temperatures high enough to kill germs.

Hepatitis A Vaccine - Two-Dose Schedules

It is also a good idea to get the hepatitis A vaccine. Several inactivated and attenuated hepatitis A vaccines have been developed and evaluated in human clinical trials and in nonhuman primate models of HAV infection; however, only inactivated vaccines have been evaluated for efficacy in controlled clinical trials (36,109). The vaccines currently licensed in the United States are HAVRIX® and VAQTA®. Both are inactivated vaccines.

Exposure to Hepatitis A

If you think you've been directly exposed to the hepatitis A virus, visit your health care provider immediately for treatment. Some treatments can help ward off the infection if administered in time (hepatitis A vaccine and IgG). All people who have close household or sexual contact with an infected person also need treatment.

Preventing the Spread of Hepatitis A

If you think you may be infected with hepatitis A.

- Always wash your hands well after using the toilet.
- Don't prepare or handle food for others while you are infectious.
- Avoid sexual contact with other people until you have fully recovered

Hepatitis B (HBV)

More than 400 million people worldwide are chronically infected with hepatitis B virus (HBV). Effective therapy is necessary to prevent the progression of chronic hepatitis B to cirrhosis, hepatocellular carcinoma, and death. In the United States, approximately 300,000 people are infected with HBV annually, from which some cases become fatal. "Hepatitis" means "inflammation of the liver," and its name implies, Hepatitis B is a virus that infects the liver. Hepatitis B is transmitted through blood-to-blood contact. Hepatitis B initially causes inflammation of the liver, but it can lead to

more serious conditions, the virus can cause lifelong infection, cirrhosis (scarring) of the liver and liver cancer, liver failure, and death. The Hepatitis B virus is very resilient, and it can survive in dried blood for as many as seven days. Because of this fact, this virus tends to be of primary concern for employees such as custodians, laundry personnel, housekeepers, funeral directors, and not uncommonly salon professionals, along with other employees who may come in contact with blood or potentially infectious materials.

Symptoms of HBV

With both forms of hepatitis, an infected person may experience different degrees of symptoms. Some may exhibit no signs of the disease, while others may suffer months of severe symptoms. The symptoms of HBV are like a mild "flu". Initially there is a sense of fatigue, possible stomach pain, loss of appetite, and even nausea. As the disease continues to develop, jaundice (a distinct yellowing of the skin and eyes), and darkened urine often develop.

Prevention of Hepatitis B by HBV Vaccine

Just as the human immunodeficiency virus (HIV), is a bloodborne pathogen of primary concern so is the hepatitis B virus (HBV), and hepatitis C virus (HCV). Hepatitis B is one of the fastest-spreading sexually transmitted infections (STI), and also can be spread by sharing needles or by any behavior in which a person's mucous membranes are exposed to an infected person's blood, semen, vaginal secretions, or saliva. Although seldom fatal, 10 percent of people who get hepatitis B are infected for life and run a high risk of developing serious, long-term liver diseases such as cirrhosis of the liver or liver cancer which can cause serious complications or death. A safe, effective vaccine that prevents hepatitis B is available. If you or someone you know practices behaviors that can spread hepatitis B, ask a medical professional about the vaccine.

Risk Behaviors for Contracting HBV

1) Practicing unsafe sex. The more partners with whom you have vaginal, anal or oral contact, the higher your risk of becoming infected with hepatitis B. Abstinence is the most effective way to prevent sex-related transmission. If you have vaginal, anal or oral contact, always use barrier protection. People who have sex with multiple partners should ask their health provider about getting vaccinated for hepatitis B.

2) Sharing needles. No matter what drug is injected, whether its crack, heroin or steroids, sharing needles is extremely risky. In fact, an estimated 60-80 percent of the people who share needles is or has been infected with hepatitis B. Similarly, beware of needles that could be contaminated when getting tattoos, having acupuncture or your ears pierced. Select a reputable professional for these services.

3) Close, frequent contact with the blood, semen, vaginal secretions or saliva of infected persons. Occasionally, people who share living quarters for a long time with others who have hepatitis B have gotten infected. Receiving a blood transfusion or other blood products no longer carries the threat of hepatitis

B that it once did. Today, all blood is screened for hepatitis B before it is used.

If you are at risk of contracting hepatitis B, get vaccinated. The hepatitis B vaccine is an inactivated antigen (genetically engineered; not a live or killed virus). It is administered in a series of three injections over a six-month period. Approximately 95% of persons who receive the three injections obtain full immunity after receiving the vaccine. You are asked to report side effects (rash, nausea, joint pain, and/or fatigue) to your health care provider. Also, avoid high-risk behaviors and practice good personal hygiene when sharing food and using bathrooms. Don't share razors, toothbrushes or pierced earrings with others.

Exposure to Hepatitis B

If you have not been vaccinated against hepatitis B but are exposed to the virus, your health professional can treat you with hepatitis B immune globulin (HBIG), combined with the hepatitis B vaccination. Don't delay, get immunized and vaccinated as soon as possible after exposure.

Safe Practices for Preventing Hepatitis B

- Don't engage in sexual contact without a condom
- Don't donate blood. Bandage all cuts and open sores
- Don't share anything that could be contaminated with your blood, semen, vaginal secretions or saliva – such as needles, razors or toothbrushes
- Wash your hands well after using the toilet
- If you have hepatitis B and you're pregnant, your baby must be immunized at birth. All pregnant women should be screened for hepatitis B

Hepatitis C (HCV)

HCV is widely viewed as one of the most serious of the five hepatitis viruses. The Hepatitis C virus is spread primarily through contact with infected blood and can cause cirrhosis (irreversible and potentially fatal liver scarring), liver cancer, or liver failure. Hepatitis C is the major reason for liver transplants in the United States, accounting for 1,000 of the procedures annually. The disease is responsible for between 8,000 and 10,000 deaths yearly. Some estimates say the number of HCV-infected people may be four times the number of those infected with the AIDS virus. Hepatitis C is less likely than the other hepatitis viruses to cause serious illness at first (only one quarter of the people infected actually develop symptoms); about 70% of those infected develop chronic liver disease. Like hepatitis B, hepatitis C can be spread by contact with infected blood, and possibly semen, vaginal secretions and saliva. Hepatitis C infects about 150,000 Americans each year.

Risk Behaviors for Contracting HCV

Risk behaviors follow the same fundamentals, as does HIV, as hepatitis B and hepatitis C are also bloodborne pathogens, and transmission occurs in almost the exact same ways. You are at risk if you share needles; or have sexual contact without barrier protection with infected partners.

Symptoms of hepatitis C include:

- Loss of appetite
- Dark yellow urine or light-colored stools
- Persistent nausea or pains in the stomach
- Lingering fever
- Yellowish eyes or skin know as jaundice
- Fatigue, or tiredness
- Diarrhea

If you have reason to believe that you may be infected or have these symptoms, see a doctor for testing.

Prevention of Hepatitis C

Since hepatitis C is transmitted in much the same way as hepatitis B, you can help avoid infection by using some of the same precautions. Always use barrier protection during sexual contact; practice good personal hygiene; and never share needles, razors, toothbrushes or pierced earrings with anyone.

All donated blood is screened for the virus. Drugs are licensed for treatment of persons with chronic infection, though they are only about 15-30% effective. Currently, there is no vaccine available.

Hepatitis C Treatment

Some patients learn they have hepatitis through a routine physical or when they donate blood and a blood test shows elevated liver enzymes.

Once diagnosed, health professionals recommend the following:

- See a doctor regularly
- If liver damage is present, get vaccinated against hepatitis A, a food- and water-borne virus.

- Don't start any new medicines or use over-the counter, herbal, or other drugs without consulting with a doctor.
- Stop using alcohol

Co-infection with HIV and Hepatitis C Virus

About one quarter of HIV-infected persons in the United States are also infected with hepatitis C virus (HCV). HCV is one of the most important causes of chronic liver disease in the United States and HCV infection progresses more rapidly to liver damage in HIV infected persons. HCV infection may also impact the course and management of HIV infection. The latest U.S. Public Health Service/ Infectious Diseases Society of America (USPHS/IDSA) guidelines recommend that all HIV-infected persons should be screened for HCV infection. Prevention of HCV infection for those not already infected and reducing chronic liver disease in those who are infected are important concerns for HIV-infected individuals and their health care providers.

Syphilis

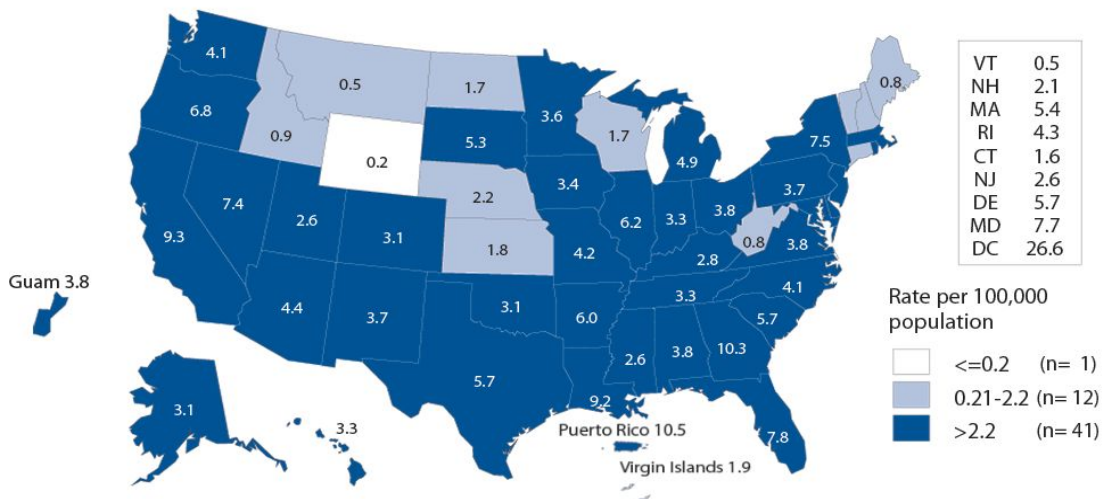
Syphilis, a bacterial infection, is primarily a sexually transmitted disease (STD). Any person that is sexually active can be infected with syphilis, although there is a greater incidence among young people between the ages of 15 and 30 years. It is more prevalent in urban areas.

Transmission of Syphilis

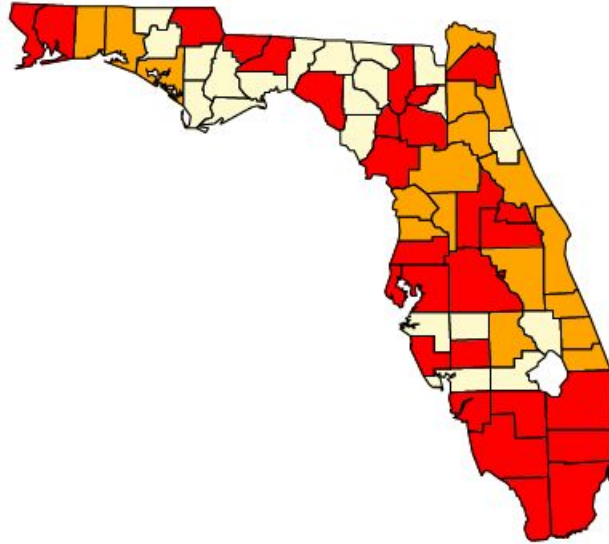
Syphilis is spread by sexual contact with an infected individual, with the exception of congenital syphilis, which is spread from mother to fetus. Transmission by sexual contact requires exposure to moist lesions of skin or mucous membranes.

Syphilis—Rates by State

Primary and Secondary Syphilis – Rates of Reported Cases by State, United States and Outlying Areas, 2013



Total P&S Syphilis Rates by County, Florida, 2012



Rate (per 100,000 population)



Symptoms of Syphilis

The first sign of syphilis is generally one or more painless sores that become visible at the site of initial contact. It might be accompanied by swollen glands, which develop within a week after the appearance of the first sore. The sore will persist for 1 to 5 weeks and will vanish by itself, even if no medical care is obtained. Roughly 6 weeks after the sore first appears, a person will enter the second stage of the disease. The most likely symptom during this stage is a rash, which might appear on any part of the body: trunk, arms, legs, palms, soles, etc. Other, more generalized symptoms include fatigue, swollen glands, fever, headaches, loss of appetite, and sore throat. These symptoms will last 2 to 6 weeks and will disappear with or without medical care.

After the second stage of the disease, the only way syphilis can be detected is through a blood test, although secondary symptoms might sporadically occur again. Persons having syphilis for over four years may suffer from illness in the skin, bones, central nervous system, and heart, and may experience a reduced life expectancy, impaired health, and eventually can limit occupational efficiency.

Symptoms can emerge from 10 to 90 days after an individual becomes infected, though usually within 3 to 4 weeks. Symptoms often go unnoticed or are thought to be minor abrasions or heat rash, thus treatment is not sought. When, and for how long is a person able to spread syphilis? Syphilis is considered contagious for a duration of up to 2 years, perhaps more. The extent of communicability depends on the existence of infectious lesions (sores), which may or may not be visible.

There is no natural immunity to syphilis and prior infection lends no defense to the patient.

Treatment of Syphilis

Syphilis is treated with penicillin or tetracycline. The amount of medication a patient must take and treatment depends on the stage of syphilis. Expectant women with a history of allergic reaction to penicillin should undergo penicillin desensitization, followed by appropriate penicillin therapy. Untreated syphilis can lead to destruction of soft tissue and bone, heart failure, insanity, blindness, and a variety of other conditions, which may be mild to incapacitating.

Equally as important, a pregnant woman with untreated syphilis will transmit the disease to her unborn child, which may result in death or deformity of the child. Physicians and hospitals are required to test pregnant women for syphilis at prenatal visits. Tests of newborns or their mothers are required at the time of delivery.

Prevention of Syphilis

There are a number of ways to prevent the spread of syphilis:

- Limit your number of sex partners.
- Use a condom.
- Carefully wash genitals after sexual relations.
- If you think you are infected, avoid any sexual contact and visit your local STD clinic, a hospital, or your doctor.
- Notify all sexual contacts immediately so they can obtain examination and treatment.
- All pregnant women should receive at least one prenatal blood test for syphilis.

Pediculosis

Pediculosis is an infestation of the hairy parts of the body or clothing with the larvae, eggs, or adult lice. The crawling stages of this insect consume human blood, which causes excessive itching in areas of infestation. Head lice are usually located on the scalp, crab lice in the pubic area, and body lice along seams of clothing, traveling to the skin to feed. Anyone can become louse infested under appropriate conditions.

Transmission of Pediculosis

Pediculosis is easily transmitted from person to person through direct contact. Head lice infestations are commonly found in school settings or institutions. Crab lice infestations can be found among sexually active individuals. Body lice infestation generally can be found in people living in unsanitary conditions, and lacking hygiene where clothing is infrequently changed or laundered. For both head lice and body lice, transmission can occur during direct contact with an infested individual, or through sharing of clothing, combs or brushes. While other means are possible, crab lice are most often transmitted through sexual contact.

Symptoms of Infestation

Usually, the first evidence of an infestation is the itching or scratching in the area of the body where the lice feed. Scratching at the back of the head or around the ears should lead to an examination for head louse eggs (nits) on the hair. Itching around the genital area should lead to an examination for crab lice or their eggs. Scratching can be sufficiently intense to result in secondary bacterial infection in these areas. It may take as long as 2 to 3 weeks or longer for a person to notice the intense itching associated with this infestation. Pediculosis can be spread as long as lice or eggs remain alive on the infested person or clothing.

Treating Pediculosis

Medicated shampoos or cream rinses containing lindane or pyrethrin are used to kill lice. Products containing lindane are available only through a physician's prescription. Lindane is a nerve poison, an organochlorine pesticide, an insecticide, and is suspected of being a carcinogen. In the U.S. the Environmental Protection Agency, (EPA) recently banned all agricultural uses of lindane. Lindane is not recommended for infants, young children, and pregnant or lactating women.

The Food and Drug Administration (FDA), requires products containing lindane be labeled with prominent warnings about possible neurotoxicity, particularly in young patients. Because the skin of children and the elderly is more permeable, their skin is more vulnerable to the toxic effects, of lindane. It is to be used with extreme caution if at all, in anyone under 110 pounds. Patients who have conditions, such as HIV infection, or take certain medications that may lower the seizure threshold may be at greater risk for serious adverse events.

There are many safer and more effective treatments available. The pyrethrins are a pair of natural organic compounds that have potent insecticidal activity. Products containing pyrethrin are available over-the-counter. Pyrethrins are particularly

harmful to aquatic life, but are far less toxic to mammals and birds than many synthetic insecticides. Although considered to be amongst the safest insecticides, pyrethrins are still known to irritate eyes, skin, and respiratory systems. Re-treatment after 7 to 10 days is recommended to assure that no eggs have survived. Nit combs are available to help remove nits from hair. Dose and duration of shampoo treatment should be followed according to label instructions.

Prevention of Pediculosis

Physical contact with infested individuals and their belongings, especially clothing, headgear, combs, and bedding, should be avoided. Health education on the life history of lice, proper treatment, and the importance of laundering clothing and bedding in hot water (140°F for 20 minutes), or dry cleaning to destroy lice and eggs, is extremely valuable. In addition, regular inspection of children, especially of children in schools, institutions, and summer camps, is crucial in detecting infestation.

Ringworm

Ringworm is a skin infection caused by a fungus that affects the scalp, skin, fingers, toenails, or feet. Anyone can get ringworm. Children are more susceptible to certain varieties, while adults may be more affected by others.

Transmission of Ringworm

Transmission of these fungal agents can occur by direct skin-to-skin contact with infected people or pets, or indirectly by contact with such items as barber clippers, hair from infected people, shower stalls or floors.



Symptoms of Ringworm

Ringworm of the scalp usually begins as a small pimple, which becomes larger in size, leaving scaly patches of temporary baldness. Infected hairs become brittle and break off easily. Occasionally, yellowish cup-like, crusty areas are seen. With ringworm of the nails, the affected nails become

thicker, discolored, and brittle, or they will become chalky and disintegrate. Ringworm of the body appears as flat, spreading, ring-shaped areas. The edge is reddish and may be both dry and scaly, or moist and crusted. As it spreads, the center area clears and appears normal. Ringworm of the foot appears as a scaling or cracking of the skin, especially between the toes.

Treatment of Ringworm

The incubation period is unknown for most of these agents, however, ringworm of the scalp is usually seen 10 to 14 days after contact, and ringworm of the body is seen 4 to 10 days after initial contact. Your doctor may prescribe fungicidal tablets to swallow, or powders that can be applied directly to the affected areas.

Prevention of Ringworm

Towels, hats, and clothing of the infected individual should not be shared with others. Young children who are infected should minimize close contact with other children until they are effectively treated.

Sexually Transmitted Diseases and Infections (STD's) and (STI's)

Sexually transmitted diseases (STD) are also referred to as sexually transmitted infections (STI). More than 300 million new cases of curable sexually transmitted infections (STI) occur each year, with a global distribution that closely mirrors that of HIV.

Each new infection not only increases HIV transmission risk but also carries the potential of other serious complications including fetal loss, stillbirths, infertility, ectopic pregnancy and severe congenital infections. Syphilis alone, when present during pregnancy, results in fetal loss in a third of cases, and half the surviving infants suffer congenital disability.

The STDs, HIV Co-infection Connection

Sexually Transmitted Diseases (STDs), also known as sexually transmitted infections or STI, come in a variety of types. There are fungi, bacteria, parasites, and viruses. As explained in the previous section on the subject of Tuberculosis, HIV can affect persons carrying the virus with an increase of multiple medical conditions.

Carriers stand an increase chance of contracting many airborne diseases. Germs in their environment can become increasingly troublesome, much more so than for persons not infected. As time continues persons with the HIV virus experience a brake down in their immune system, followed by a break down in their health.

The continued weakening of the infected individuals' ability to fight off sicknesses eventually progresses to an accelerated rate. As persons infected with the HIV virus are more susceptible to all types of infections, and illness from the environment, they are equally more susceptible to infections from fungi, bacteria, parasites, and viruses they may come in

contact with during a sexual encounter. For this reason it is fitting to review the subject of STDs.

Several STDs cause lesions or open sores to occur which may serve as portals of entry directly into the blood stream and better facilitate HIV infection.

1. Some STDs are considered to be co-factors, which assist in the immune system malfunction leading to AIDS.
2. People who leave themselves open to STD infections also leave themselves open to eventual HIV infection.

Prevention and Treatment of STD's and STI's

Sexually active individuals should get routine checkups. Some STD's do not produce immediate symptoms. A long time may pass before signs that there is something wrong appear, alerting the infected individual.

Moreover, the sexually active should use every precaution to protect from contracting any one of the many STD's from their sexual partner. This should be a given, but it is not always the case. Fidelity and loyalty are a valued part of a relationship, however statistics show infidelity occurs in some relationships.

Overall, if you are remotely unsure about your sexual partners' faithfulness, and you are not using protection, you are gambling your life; it's as simple as that. Because there are so many different STD's/STI's to cover in the context of this course the list here has been confined to STD's/STI's which are prevalent and pose an accelerated threat when compounded with HIV infection the list is of the STD's that are not uncommonly found in sexually active people that either did not use protection or the protection used failed.

Getting Tested For STDs

For those, which are fungal or bacterial infections, you can be tested as soon as two weeks after exposure. For the viral infections, you will have to wait for your body to produce enough antibodies to that specific virus to take what is called a "titer" blood test. That time is generally 3 months after exposure.

An important rule of thumb: should you experience any symptoms after sexual contact, it is advisable to seek the advice of a physician as soon as possible.

Letting symptoms get worse or putting off STD testing can result in severe illness, sterility, Pelvic Inflammatory Disease, passing an infection to your next partner, irreversible damage to your nervous system, or even death.

Currently Within the state of Florida, all Public Health Departments offer STD testing. The Florida HIV/AIDS Hotline has a listing of STD test sites throughout the state of Florida. Contact information for a state run test site could be found on the Internet by doing a search.

STDs and STI's Index

Acquired Immunodeficiency Syndrome (AIDS)

Syphilis

Gonorrhea

Genital Herpes

Genital Warts

Chlamydia

Trichomoniasis (Trich)

Candida/Vaginal Thrush

Pediculosis Pubis (pubic lice)

Scabies

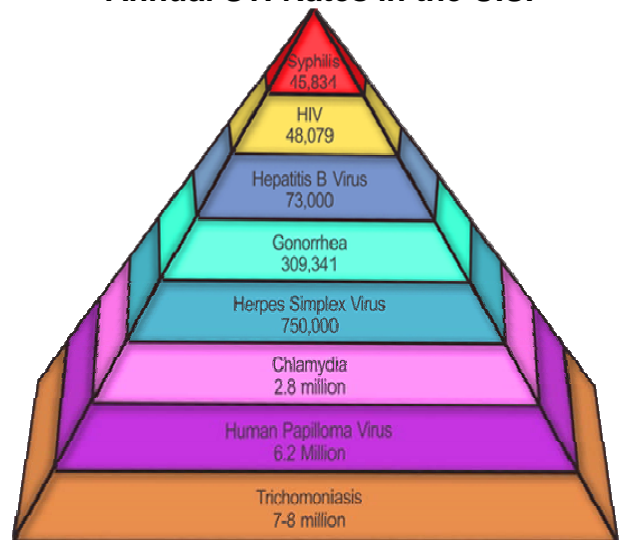
Moluscum Contagiosum

Hepatitis A

Hepatitis B

Hepatitis C

Annual STI Rates in the U.S.



1 - HIV/AIDS Learning Assessment

1. Anonymous HIV testing is available through health departments and is not name based.
True False
2. A latex condom can help prevent the transfer of AIDS.
True False
3. People with HIV are easy to identify.
True False
4. You can get the AIDS virus while donating blood or plasma.
True False
5. HIV is spread from one person to another through sharing of needles, unprotected sexual contact, blood and body fluid.
True False
6. AIDS is a virus that causes HIV.
True False
7. Discriminating against people who are infected with HIV/AIDS violates their human rights.
True False
8. The first sign of syphilis is generally a sore that is painless and becomes visible at the site of initial contact.
True False
9. A female with untreated syphilis can transmit the disease to her unborn child.
True False
10. Tuberculosis is spread through the air.
True False

COURSE - 2

Laws and Rules

(Three Credit Hours)

Course Outline:

- Course Learning Objectives
- Course Overview
- 2014 Florida Statutes Chapter 477 Cosmetology
- Florida Administrative Code Rules 61G-5 Cosmetology
- Florida Administrative Code Rules 61-6 Biennial Licensing
- Laws and Rules Learning Assessment

Course Objectives:

The purpose of this course and the outcome expected is for participants to:

- Learn the most recent laws being drafted and passed concerning the cosmetology profession
- Learn laws and rules of the Board that protect the health, safety, and welfare of the consumer
- Understand the laws and rules of the Board that determine where and when individuals may legally practice cosmetology and specialties
- Achieve a basic conception of the Board of Cosmetology, how its members are appointed, and their duties
- Demonstrate an understanding of the laws and rules of the Board, which specify prohibited conduct, and the penalties for failure to follow the laws and rules
- Learn salon requirements and inspections
- Be familiar with the dates, fees, and requirements for renewal of cosmetology licenses, salon licenses, and specialty license
- Recognize the duties and responsibilities required of you under Florida law

Course Overview:

Several areas of law govern the practice of cosmetology in the State of Florida. The areas featured in this course have been carefully selected to meet the requirements set forth in: **61G5-32.001(1) (e) CONTINUING EDUCATION**, in which is described the mandatory subject matter for continuing education curricula regarding state and Federal law. Those subjects being divided into the following sections:

- A. 2014 Florida Statutes Chapter 477 Cosmetology
- B. Florida Administrative Code Chapter 61G-5 Cosmetology
- C. Florida Administrative Code Rules 61-6 Biennial Licensing

This course looks at the laws that govern the cosmetology industry. The laws included are the most current revisions and are up to date. The statutes and administrative code selected for this section gives the laws and rules that directly impact licensees practicing in this profession. In this section the laws for practicing cosmetology are examined. The Board of Cosmetology, structure, makeup, purpose, and powers are

covered in the Florida Statutes that grant the powers and procedures of the Board. This section will also cover the laws that set forth the fees, renewal requirements, licenses for salon. Laws on safety and health and the welfare of the consumer are reviewed along with the penalties and fines for failing to comply with the laws of this section.

As a Florida licensed professional, you are responsible to be knowledgeable about the laws you are subject to. It is the purpose of this course that you learn the most current laws regarding the cosmetology industry, and that you understand it is up to you to maintain awareness of any pertinent laws not covered by this subject mater.

Always keep in mind that laws change and that not finding out about the change does not lessen your duty to obey the law. In short, in between renewal take the time to visit the web where you can review the laws that affect you. The way the Florida Administrative Code is posted on the Internet has changed over the years, you can now easily search and find topics of law that pertain to the beauty industry as they are actively in legislation and the newest version of the current law is available online at myflorida.com

Other sections or chapters of the Florida Statutes and Florida Administrative Code that apply to the practice of cosmetology (such as Chapter 456: Health Professions and Occupations; or Chapter 120: Administrative Procedure Act; among others) are not addressed in this chapter. It should also be mentioned that the History of the laws contained in this course has not been included. To review the history visit <http://www.leg.state.fl.us/>

Important Memo about Special Law Change

Effective October 1, 2009, Section **455.227(1)(t)**, Florida Statutes, requires that a licensee must report to the board within 30 days after a licensee is convicted or found guilty of, or entered a plea of nolo contendere (no contest) or guilty to, regardless of adjudication, a crime in any jurisdiction.

This self-reporting rule is still in effect in the 2014 Florida Statutes and must be abided by in instances described in the law.

If you previously reported a criminal conviction or plea to DBPR, you do not need to report it again.

The form to complete and submit to the DBPR can be accessed at the following link:

http://www.myfloridalicense.com/dbpr/pro/documents/criminal_self-reporting_document.pdf

2014 Florida Statutes

Chapter 477 FLORIDA COSMETOLOGY ACT

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477.012 Purpose. —

The Legislature deems it necessary in the interest of public health to regulate the practice of cosmetology in this state. However, restrictions shall be imposed only to the extent necessary to protect the public from significant and discernible danger to health and not in a manner which will unreasonably affect the competitive market. Further, consumer protection for both health and economic matters shall be afforded the public through legal remedies provided for in this act.

477.013 Definitions. — As used in this chapter:

(1) "Board" means the Board of Cosmetology.

(2) "Department" means the Department of Business and Professional Regulation.

(3) "Cosmetologist" means a person who is licensed to engage in the practice of cosmetology in this state under the authority of this chapter.

(4) "Cosmetology" means the mechanical or chemical treatment of the head, face, and scalp for aesthetic rather than medical purposes, including, but not limited to, hair shampooing, hair cutting, hair arranging, hair coloring, permanent waving, and hair relaxing for compensation. This term also includes performing hair removal, including wax treatments, manicures, pedicures, and skin care services.

(5) "Specialist" means any person holding a specialty registration in one or more of the specialties registered under this chapter.

(6) "Specialty" means the practice of one or more of the following:

(a) Manicuring, or the cutting, polishing, tinting, coloring, cleansing, adding, or extending of the nails, and massaging of the hands. This term includes any procedure or process for the affixing of artificial nails, except those nails which may be applied solely by use of a simple adhesive.

(b) Pedicuring, or the shaping, polishing, tinting, or cleansing of the nails of the feet, and massaging or beautifying of the feet.

(c) Facials, or the massaging or treating of the face or scalp with oils, creams, lotions, or other preparations, and skin care services.

(7) "Shampooing" means the washing of the hair with soap and water or with a special preparation, or applying hair tonics.

(8) "Specialty salon" means any place of business wherein the practice of one or all of the specialties as defined in subsection (6) are engaged in or carried on.

(9) "Hair braiding" means the weaving or interweaving of natural human hair for compensation without cutting, coloring, permanent waving, relaxing, removing, or chemical treatment and does not include the use of hair extensions or wefts.

(10) "Hair wrapping" means the wrapping of manufactured materials around a strand or strands of human hair, for compensation, without cutting, coloring, permanent waving, relaxing, removing, weaving, chemically treating, braiding, using hair extensions, or performing any other service defined as cosmetology.

(11) "Photography studio salon" means an establishment where the hair-arranging services and the application of cosmetic products are performed solely for the purpose of preparing the model or client for the photographic session without shampooing, cutting, coloring, permanent waving, relaxing, or removing of hair or performing any other service defined as cosmetology.

(12) "Body wrapping" means a treatment program that uses herbal wraps for the purposes of cleansing and beautifying the skin of the body, but does not include:

(a) The application of oils, lotions, or other fluids to the body, except fluids contained in presoaked materials used in the wraps; or

(b) Manipulation of the body's superficial tissue, other than that arising from compression emanating from the wrap materials.

(13) "Skin care services" means the treatment of the skin of the body, other than the head, face, and scalp, by the use of a sponge, brush, cloth, or similar device to apply or remove a chemical preparation or other substance, except that chemical peels may be removed by peeling an applied preparation from the skin by hand. Skin care services must be performed by a licensed cosmetologist or facial specialist within a licensed cosmetology or specialty salon, and such services may not involve massage, as defined in s. 480.033(3), through manipulation of the superficial tissue.

477.0132 Hair braiding, hair wrapping, and body wrapping registration.--

(1)(a) Persons whose occupation or practice is confined solely to hair braiding must register with the department, pay the applicable registration fee, and take a two-day 16-hour course. The course shall be board approved and consist of 5 hours of HIV/AIDS and other communicable diseases, 5 hours of sanitation and sterilization, 4 hours of disorders and diseases of

the scalp, and 2 hours of studies regarding laws affecting hair braiding.

(b) Persons whose occupation or practice is confined solely to hair wrapping must register with the department, pay the applicable registration fee, and take a one-day 6-hour course. The course shall be board approved and consist of education in HIV/AIDS and other communicable diseases, sanitation and sterilization, disorders and diseases of the scalp, and studies regarding laws affecting hair wrapping.

(c) Unless otherwise licensed or exempted from licensure under this chapter, any person whose occupation or practice is body wrapping must register with the department, pay the applicable registration fee, and take a two-day 12-hour course. The course shall be board approved and consist of education in HIV/AIDS and other communicable diseases, sanitation and sterilization, disorders and diseases of the skin, and studies regarding laws affecting body wrapping.

(d) Only the board may review, evaluate, and approve a course required of an applicant for registration under this subsection in the occupation or practice of hair braiding, hair wrapping, or body wrapping. A provider of such a course is not required to hold a license under chapter 1005.

(2) Hair braiding, hair wrapping, and body wrapping are not required to be practiced in a cosmetology salon or specialty salon. When hair braiding, hair wrapping, or body wrapping is practiced outside a cosmetology salon or specialty salon, disposable implements must be used or all implements must be sanitized in a disinfectant approved for hospital use or approved by the federal Environmental Protection Agency.

(3) Pending issuance of registration, a person is eligible to practice hair braiding, hair wrapping, or body wrapping upon submission of a registration application that includes proof of successful completion of the education requirements and payment of the applicable fees required by this chapter.

477.0135 Exemptions.--

(1) This chapter does not apply to the following persons when practicing pursuant to their professional or occupational responsibilities and duties:

(a) Persons authorized under the laws of this state to practice medicine, surgery, osteopathic medicine, chiropractic medicine, massage, naturopathy, or podiatric medicine.

(b) Commissioned medical or surgical officers of the United States Armed Forces hospital services.

(c) Registered nurses under the laws of this state.

(d) Persons practicing barbering under the laws of this state.

(e) Persons employed in federal, state, or local institutions, hospitals, or military bases as cosmetologists whose practices are limited to the inmates, patients, or authorized military personnel of such institutions, hospitals, or bases.

(f) Persons whose practice is limited to the application of cosmetic products to another person in connection with the sale, or attempted sale, of such products at retail without compensation from such other person other than the regular retail price of such merchandise.

(2) A license is not required of any person whose occupation or practice is confined solely to shampooing.

(3) A license or registration is not required of any person whose occupation or practice is confined solely to cutting, trimming, polishing, or cleansing the fingernails of any person when said

cutting, trimming, polishing, or cleansing is done in a barbershop licensed pursuant to chapter 476 which is carrying on a regular and customary business of barbering, and such individual has been practicing the activities set forth in this subsection prior to October 1, 1985.

(4) A photography studio salon is exempt from the licensure provisions of this chapter. However, the hair-arranging services of such salon must be performed under the supervision of a licensed cosmetologist employed by the salon. The salon must use disposable hair-arranging implements or use a wet or dry sanitizing system approved by the federal Environmental Protection Agency.

(5) A license is not required of any individual providing makeup, special effects, or cosmetology services to an actor, stunt person, musician, extra, or other talent during a production recognized by the Office of Film and Entertainment as a qualified production as defined in s. 288.1254(2). Such services are not required to be performed in a licensed salon. Individuals exempt under this subsection may not provide such services to the general public.

(6) A license is not required of any individual providing makeup or special effects services in a theme park or entertainment complex to an actor, stunt person, musician, extra, or other talent, or providing makeup or special effects services to the general public. The term "theme park or entertainment complex" has the same meaning as in s. 509.013(9).

477.014 Qualifications for practice.

On and after January 1, 1979, no person other than a duly licensed cosmetologist shall practice cosmetology or use the name or title of cosmetologist.

477.015 Board of Cosmetology.--

(1) There is created within the department the Board of Cosmetology consisting of seven members, who shall be appointed by the Governor, subject to confirmation by the Senate, and whose function it shall be to carry out the provisions of this act.

(2) Five members of the board shall be licensed cosmetologists and shall have been engaged in the practice of cosmetology in this state for not less than 5 years. Two members of the board shall be laypersons. Each board member shall be a resident of this state and shall have been a resident of this state for not less than 5 continuous years.

(3) The Governor may at any time fill vacancies on the board for the remainder of unexpired terms. Each member of the board shall hold over after the expiration of his or her term until a successor is duly appointed and qualified. No board member shall serve more than two consecutive terms, whether full or partial.

(4) Before assuming his or her duties as a board member, each appointee shall take the constitutional oath of office and shall file it with the Department of State, which shall then issue to such member a certificate of his or her appointment.

(5) The board shall, in the month of January, elect from its number a chair and a vice chair.

(6) The board shall hold such meetings during the year as it may determine to be necessary, one of which shall be the annual meeting. The chair of the board shall have the authority to call

other meetings at his or her discretion. A quorum of the board shall consist of not less than four members.

(7) Each member of the board shall receive \$50 for each day spent in the performance of official board business, with the total annual compensation per member not to exceed \$2,000. Additionally, board members shall receive per diem and mileage as provided in s. 112.061, from place of residence to place of meeting and return.

(8) Each board member shall be held accountable to the Governor for the proper performance of all his or her duties and obligations. The Governor shall investigate any complaints or unfavorable reports received concerning the actions of the board, or its members, and shall take appropriate action thereon, which action may include removal of any board member. The Governor may remove from office any board member for neglect of duty, incompetence, or unprofessional or dishonorable conduct.

477.016 Rulemaking.--

(1) The board may adopt rules pursuant to ss. 120.536(1) and 120.54 to implement the provisions of this chapter conferring duties upon it.

(2) The board may by rule adopt any restriction established by a regulation of the United States Food and Drug Administration related to the use of a cosmetic product or any substance used in the practice of cosmetology if the board finds that the product or substance poses a risk to the health, safety, and welfare of clients or persons providing cosmetology services.

477.17 Legal services.—

The department shall provide all legal services needed to carry out the provisions of this act.

477.018 Investigative services.--

The department shall provide all investigative services required by the board or the department in carrying out the provisions of this act.

477.019 Cosmetologists; qualifications; licensure; supervised practice; license renewal; endorsement; continuing education.--

477.019 Cosmetologists; qualifications; licensure; supervised practice; license renewal; endorsement; continuing education.

(1) A person desiring to be licensed as a cosmetologist shall apply to the department for licensure.

(2) An applicant shall be eligible for licensure by examination to practice cosmetology if the applicant:

(a) Is at least 16 years of age or has received a high school diploma;

(b) Pays the required application fee, which is not refundable, and the required examination fee, which is refundable if the applicant is determined to not be eligible for licensure for any reason other than failure to successfully complete the licensure examination; and

(c) 1. Is authorized to practice cosmetology in another state or country, has been so authorized for at least 1 year, and does not qualify for licensure by endorsement as provided for in subsection (5); or

2. Has received a minimum of 1,200 hours of training as established by the board, which shall include, but shall not be

limited to, the equivalent of completion of services directly related to the practice of cosmetology at one of the following:

a. A school of cosmetology licensed pursuant to chapter 1005.

b. A cosmetology program within the public school system.

c. The Cosmetology Division of the Florida School for the Deaf and the Blind, provided the division meets the standards of this chapter.

d. A government-operated cosmetology program in this state.

The board shall establish by rule procedures whereby the school or program may certify that a person is qualified to take the required examination after the completion of a minimum of 1,000 actual school hours. If the person then passes the examination, he or she shall have satisfied this requirement; but if the person fails the examination, he or she shall not be qualified to take the examination again until the completion of the full requirements provided by this section. (3) Upon an applicant receiving a passing grade, as established by board rule, on the examination and paying the initial licensing fee, the department shall issue a license to practice cosmetology. (4) If an applicant passes all parts of the examination for licensure as a cosmetologist, he or she may practice in the time between passing the examination and receiving a physical copy of his or her license if he or she practices under the supervision of a licensed cosmetologist in a licensed salon. An applicant who fails any part of the examination may not practice as a cosmetologist and may immediately apply for reexamination.

(5) Renewal of license registration shall be accomplished pursuant to rules adopted by the board. (6) The board shall certify as qualified for licensure by endorsement as a cosmetologist in this state an applicant who holds a current active license to practice cosmetology in another state. The board may not require proof of educational hours if the license was issued in a state that requires 1,200 or more hours of prelicensure education and passage of a written examination.

This subsection does not apply to applicants who received their license in another state through an apprenticeship program. (7)(a) The board shall prescribe by rule continuing education requirements intended to ensure protection of the public through updated training of licensees and registered specialists, not to exceed 16 hours biennially, as a condition for renewal of a license or registration as a specialist under this chapter. Continuing education courses shall include, but not be limited to, the following subjects as they relate to the practice of cosmetology: human immunodeficiency virus and acquired immune deficiency syndrome; Occupational Safety and Health Administration regulations; workers' compensation issues; state and federal laws and rules as they pertain to cosmetologists, cosmetology, salons, specialists, specialty salons, and booth renters; chemical makeup as it pertains to hair, skin, and nails; and environmental issues. Courses given at cosmetology conferences may be counted toward the number of continuing education hours required if approved by the board. (b) Any person whose occupation or practice is confined solely to hair braiding, hair wrapping, or body wrapping is exempt from the continuing education requirements of this subsection. (c) The board may, by rule, require any licensee in violation of a continuing education requirement to take a refresher course or refresher course and examination in addition to any other penalty. The number of hours for the refresher course may not exceed 48 hours.

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477.0201 Specialty registration; qualifications; registration renewal; endorsement.--

(1) Any person is qualified for registration as a specialist in any one or more of the specialty practices within the practice of cosmetology under this chapter who:

(a) Is at least 16 years of age or has received a high school diploma.

(b) Has received a certificate of completion in a specialty pursuant to s. 477.013(6) from one of the following:

1. A school licensed pursuant to s. 477.023.

2. A school licensed pursuant to chapter 1005 or the equivalent licensing authority of another state.

3. A specialty program within the public school system.

4. A specialty division within the Cosmetology Division of the Florida School for the Deaf and the Blind, provided the training programs comply with minimum curriculum requirements established by the board.

(2) A person desiring to be registered as a specialist shall apply to the department in writing upon forms prepared and furnished by the department.

(3) Upon paying the initial registration fee, the department shall register the applicant to practice one or more of the specialty practices within the practice of cosmetology.

(4) Renewal of registration shall be accomplished pursuant to rules adopted by the board.

(5) The board shall adopt rules specifying procedures for the registration of specialty practitioners desiring to be registered in this state who have been registered or licensed and are practicing in states which have registering or licensing standards substantially similar to, equivalent to, or more stringent than the standards of this state.

(6) Pending issuance of registration, a person is eligible to practice as a specialist upon submission of a registration application that includes proof of successful completion of the education requirements and payment of the applicable fees required by this chapter, provided such practice is under the supervision of a registered specialist in a licensed specialty or cosmetology salon.

477.0212 Inactive status.--

(1) A cosmetologist's license that has become inactive may be reactivated under s. 477.019 upon application to the department.

(2) The board shall adopt rules relating to licenses that become inactive and for the renewal of inactive licenses. The rules may not require more than one renewal cycle of continuing education to reactivate a license. The board shall prescribe by rule a fee not to exceed \$50 for the reactivation of an inactive license and a fee not to exceed \$50 for the renewal of an inactive license.

477.023 Schools of cosmetology; licensure.--

No private school of cosmetology shall be permitted to operate without a license issued by the Commission for Independent Education pursuant to chapter 1005. However, nothing herein shall be construed to prevent certification by the Department of Education of cosmetology training programs within the public school system or to prevent government operation of any other program of cosmetology in this state.

477.025 Cosmetology salons; specialty salons; requisites; licensure; inspection; mobile cosmetology salons.--

(1) No cosmetology salon or specialty salon shall be permitted to operate without a license issued by the department except as provided in subsection (11).

(2) The board shall adopt rules governing the licensure and operation of salons and specialty salons and their facilities, personnel, safety and sanitary requirements, and the license application and granting process.

(3) Any person, firm, or corporation desiring to operate a cosmetology salon or specialty salon in the state shall submit to the department an application upon forms provided by the department and accompanied by any relevant information requested by the department and by an application fee.

(4) Upon receiving the application, the department may cause an investigation to be made of the proposed cosmetology salon or specialty salon.

(5) When an applicant fails to meet all the requirements provided herein, the department shall deny the application in writing and shall list the specific requirements not met. No applicant denied licensure because of failure to meet the requirements herein shall be precluded from reapplying for licensure.

(6) When the department determines that the proposed cosmetology salon or specialty salon may reasonably be expected to meet the requirements set forth herein, the department shall grant the license upon such conditions as it shall deem proper under the circumstances and upon payment of the original licensing fee.

(7) No license for operation of a cosmetology salon or specialty salon may be transferred from the name of the original licensee to another. It may be transferred from one location to another only upon approval by the department, which approval shall not be unreasonably withheld.

(8) Renewal of license registration for cosmetology salons or specialty salons shall be accomplished pursuant to rules adopted by the board. The board is further authorized to adopt rules governing delinquent renewal of licenses and may impose penalty fees for delinquent renewal.

(9) The board is authorized to adopt rules governing the periodic inspection of cosmetology salons and specialty salons licensed under this chapter.

(10)(a) The board shall adopt rules governing the licensure, operation, and inspection of mobile cosmetology salons, including their facilities, personnel, and safety and sanitary requirements.

(b) Each mobile salon must comply with all licensure and operating requirements specified in this chapter or chapter 455 or rules of the board or department that apply to cosmetology salons at fixed locations, except to the extent that such requirements conflict with this subsection or rules adopted pursuant to this subsection.

(c) A mobile cosmetology salon must maintain a permanent business address, located in the inspection area of the local department office, at which records of appointments, itineraries, license numbers of employees, and vehicle identification numbers of the licenseholder's mobile salon shall be kept and made available for verification purposes by department personnel, and at which correspondence from the department can be received.

(d) To facilitate periodic inspections of mobile cosmetology salons, prior to the beginning of each month each mobile salon licenseholder must file with the board a written monthly itinerary listing the locations where and the dates and hours when the mobile salon will be operating.

(e) The board shall establish fees for mobile cosmetology salons, not to exceed the fees for cosmetology salons at fixed locations.

(f) The operation of mobile cosmetology salons must be in compliance with all local laws and ordinances regulating business establishments, with all applicable requirements of the Americans with Disabilities Act relating to accommodations for persons with disabilities, and with all applicable OSHA requirements.

(11) Facilities licensed under part II of chapter 400 or under part I of chapter 429 are exempt from this section, and a cosmetologist licensed pursuant to s. 477.019 may provide salon services exclusively for facility residents.

477.026 Fees; disposition.--

(1) The board shall set fees according to the following schedule:

(a) For cosmetologists, fees for original licensing, license renewal, and delinquent renewal shall not **exceed \$50**.

(b) For cosmetologists, fees for endorsement application, examination, and reexamination shall not **exceed \$50**.

(c) For cosmetology and specialty salons, fees for license application, original licensing, license renewal, and delinquent renewal shall not **exceed \$50**.

(d) For specialists, fees for application and endorsement registration shall not **exceed \$30**.

(e) For specialists, fees for initial registration, registration renewal, and delinquent renewal shall not **exceed \$50**.

(f) For hair braiders, hair wrappers, and body wrappers, fees for registration shall not **exceed \$25**.

(2) All moneys collected by the department from fees authorized by this chapter shall be paid into the Professional Regulation Trust Fund, which fund is created in the department, and shall be applied in accordance with ss. 215.37 and 455.219. The Legislature may appropriate any excess moneys from this fund to the General Revenue Fund.

(3) The department, with the advice of the board, shall prepare and submit a proposed budget in accordance with law.

477.0263 Cosmetology services to be performed in licensed salon; exception.--

(1) Cosmetology services shall be performed only by licensed cosmetologists in licensed salons, except as otherwise provided in this section.

(2) Pursuant to rules established by the board, cosmetology services may be performed by a licensed cosmetologist in a location other than a licensed salon, including, but not limited to, a nursing home, hospital, or residence, when a client for reasons of ill health is unable to go to a licensed salon. Arrangements for the performance of such cosmetology services in a location other than a licensed salon shall be made only through a licensed salon.

(3) Any person who holds a valid cosmetology license in any state or who is authorized to practice cosmetology in any country, territory, or jurisdiction of the United States may perform cosmetology services in a location other than a licensed

salon when such services are performed in connection with the motion picture, fashion photography, theatrical, or television industry; a photography studio salon; a manufacturer trade show demonstration; or an educational seminar.

(4) Pursuant to rules adopted by the board, any cosmetology or specialty service may be performed in a location other than a licensed salon when the service is performed in connection with a special event and is performed by a person who is employed by a licensed salon and who holds the proper license or specialty registration. An appointment for the performance of any such service in a location other than a licensed salon must be made through a licensed salon.

477.0265 Prohibited acts.--

(1) It is unlawful for any person to:

(a) Engage in the practice of cosmetology or a specialty without an active license as a cosmetologist or registration as a specialist issued by the department pursuant to the provisions of this chapter.

(b) Own, operate, maintain, open, establish, conduct, or have charge of, either alone or with another person or persons, a cosmetology salon or specialty salon:

1. Which is not licensed under the provisions of this chapter; or

2. In which a person not licensed or registered as a cosmetologist or a specialist is permitted to perform cosmetology services or any specialty.

(c) Permit an employed person to engage in the practice of cosmetology or of a specialty unless such person holds a valid, active license as a cosmetologist or registration as a specialist.

(d) Obtain or attempt to obtain a license or registration for money, other than the required fee, or any other thing of value or by fraudulent misrepresentations.

(e) Use or attempt to use a license to practice cosmetology or a registration to practice a specialty, which license or registration is suspended or revoked.

(f) Advertise or imply that skin care services or body wrapping, as performed under this chapter, have any relationship to the practice of massage therapy as defined in s. 480.033(3), except those practices or activities defined in s. 477.013.

(g) In the practice of cosmetology, use or possess a cosmetic product containing a liquid nail monomer containing any trace of methyl methacrylate (MMA).

(2) Any person who violates any provision of this section commits a misdemeanor of the second degree, punishable as provided in s. 775.082 or s. 775.083.

477.028 Disciplinary proceedings.--

(1) The board shall have the power to revoke or suspend the license of a cosmetologist licensed under this chapter, or the registration of a specialist registered under this chapter, and to reprimand, censure, deny subsequent licensure or registration of, or otherwise discipline a cosmetologist or a specialist licensed or registered under this chapter in any of the following cases:

(a) Upon proof that a license or registration has been obtained by fraud or misrepresentation.

(b) Upon proof that the holder of a license or registration is guilty of fraud or deceit or of gross negligence, incompetency, or misconduct in the practice or instruction of cosmetology or a specialty.

(c) Upon proof that the holder of a license or registration is guilty of aiding, assisting, procuring, or advising any unlicensed person to practice as a cosmetologist.

(2) The board shall have the power to revoke or suspend the license of a cosmetology salon or a specialty salon licensed under this chapter, to deny subsequent licensure of such salon, or to reprimand, censure, or otherwise discipline the owner of such salon in either of the following cases:

(a) Upon proof that a license has been obtained by fraud or misrepresentation.

(b) Upon proof that the holder of a license is guilty of fraud or deceit or of gross negligence, incompetency, or misconduct in the operation of the salon so licensed.

(3) Disciplinary proceedings shall be conducted pursuant to the provisions of chapter 120.

(4) The department shall not issue or renew a license or certificate of registration under this chapter to any person against whom or salon against which the board has assessed a fine, interest, or costs associated with investigation and prosecution until the person or salon has paid in full such fine, interest, or costs associated with investigation and prosecution or until the person or salon complies with or satisfies all terms and conditions of the final order.

477.029 Penalty.--

(1) It is unlawful for any person to:

(a) Hold himself or herself out as a cosmetologist, specialist, hair wrapper, hair braider, or body wrapper unless duly licensed or registered, or otherwise authorized, as provided in this chapter.

(b) Operate any cosmetology salon unless it has been duly licensed as provided in this chapter.

(c) Permit an employed person to practice cosmetology or a specialty unless duly licensed or registered, or otherwise authorized, as provided in this chapter.

(d) Present as his or her own the license of another.

(e) Give false or forged evidence to the department in obtaining any license provided for in this chapter.

(f) Impersonate any other license holder of like or different name.

(g) Use or attempt to use a license that has been revoked.

(h) Violate any provision of s. 455.227(1), s. 477.0265, or s. 477.028.

(i) Violate or refuse to comply with any provision of this chapter or chapter 455 or a rule or final order of the board or the department.

(2) Any person who violates the provisions of this section shall be subject to one or more of the following penalties, as determined by the board:

(a) Revocation or suspension of any license or registration issued pursuant to this chapter.

(b) Issuance of a reprimand or censure.

(c) Imposition of an administrative fine not to exceed \$500 for each count or separate offense.

(d) Placement on probation for a period of time and subject to such reasonable conditions as the board may specify.

(e) Refusal to certify to the department an applicant for licensure.

477.031 Civil proceedings.--

As cumulative of any other remedy or criminal prosecution, the department may file a proceeding in the name of the state seeking issuance of a restraining order, injunction, or writ of mandamus against any person who is or has been violating any of the provisions of this chapter or the lawful rules or orders of the department.

SECTION B

FLORIDA ADMINISTRATIVE CODE CHAPTER 61G5 BOARD OF COSMETOLOGY

RECENT LAW CHANGES

When a law is repealed, it means, "The law has been rescinded or annulled by authoritative act". In other words, that law is no longer a law. The board of cosmetology has taken steps to repeal laws in the Florida Administrative code chapter 61G5 - Cosmetology, with the goal to reduce the redundancy of the Administrative Code with the Florida Statutes. Multiple laws have been eliminated from chapter 61G5, which are also found in the Florida Statutes streamlining the FAC thereby making the laws governing the Florida cosmetology industry easier to follow.

It needs to be understood that although these FAC rules have been repealed like rules are still part of the Florida Statutes consequently the laws that have been removed from the Administrative Code for the purpose of curbing redundancy are still active under the Florida Statutes and must continue to be upheld.

CHAPTER 61G5-17 ORGANIZATION, PURPOSE, MEETINGS, PROBABLE CAUSE DETERMINATION, PROCEDURES

61G5-17.006 General Information and Forms (Repealed).

61G5-17.008 Probable Cause Determination.

61G5-17.009 Meetings and Election of Officers (Repealed).

61G5-17.0095 Unexcused Absences.

61G5-17.010 Notice of Meetings (Repealed).

61G5-17.011 Agenda (Repealed).

61G5-17.013 Emergency Meetings (Repealed).

61G5-17.016 Time for Payment of Administrative Fines.

61G5-17.017 Board Member Compensation.

61G5-17.018 Investigators; Criteria for Selection. (Repealed 1-7-15)

61G5-17.020 Security and Monitoring Procedures for Licensure Examination.

61G5-17.0201 Licensure Examinations and Examination Procedures for Handicapped Candidates.

61G5-17.021 Designation of Official Reporter (Repealed).

61G5-17.023 Final Orders (Repealed).

61G5-17.006 General Information and Forms

Repealed 9-3-12

61G5-17.008 Probable Cause Determination.

The determination as to whether probable cause exists to believe that a violation of the provisions of Chapter 455 or 477, F.S., or

of the rules promulgated thereunder has occurred, shall be made by the Department of Business and Professional Regulation.

61G5-17.009 Meetings and Election of Officers.

Repealed 9-3-12

61G5-17.0095 Unexcused Absences.

Unexcused absences shall include any absence other than: one caused by serious illness of a member preventing attendance; death or serious illness of a family member; unavoidable travel delays or cancellations preventing attendance; or any conflict, extraordinary circumstances or event approved by the chairperson of the board. Members shall communicate the reason for any absence to the Executive Director prior to the meeting and the reason for the absence shall be made part of the minutes of that meeting.

61G5-17.010 Notice of Meetings.

Repealed 9-3-12.

61G5-17.011 Agenda.

Repealed 9-3-12

61G5-17.013 Emergency Meetings.

Repealed 9-3-12.

61G5-17.016 Time for Payment of Administrative Fines.

In cases where the Board imposes an administrative fine for violation of Chapter 455 or 477, F.S., or the rules promulgated thereunder, the penalty shall be paid to the Department of Business and Professional Regulation within thirty (30) days of its imposition by order of the Board unless otherwise stated by the Board.

61G5-17.017 Board Member Compensation.

In addition to receiving fifty dollars (\$50.00) compensation per day for attending official meetings of the board, a board member shall also be eligible to receive compensation for the following "other business involving the board":

- (1) All joint Board or committee meetings required by statute, Board rule or Board action;
- (2) Official meetings or workshops called by the chairman at which either a committee composed of two (2) or more board members or a quorum of the board is present pursuant to Chapters 120 and 477, F.S.;
- (3) Meetings of Board members with Department staff or contractors of the Department at the Department's or the Board's request. Any participation or meeting of members noticed or unnoticed will be on file in the Board Office;
- (4) Meetings or conferences which the board member attends at the request of the Secretary or the Secretary's designee;
- (5) Administrative hearings or legal proceedings at which the board member appears as witness or representative of the board at the request of counsel to the board;
- (6) All activity of Board members, if authorized by the Board, when grading, proctoring or reviewing examinations given by the Department;
- (7) All participation in Board authorized meetings with professional associations of which the Board is a member or

invitee. This would include all meetings of national associations or registration boards of which the Board is a member as well as Board authorized participation in meetings of national or professional associations or organizations involved in educating, regulating or reviewing the profession over which the Board has statutory authority;

(8) Any and all other activities which are Board approved and which are necessary for Board members to attend in order to further protect the public health, safety and welfare, through the regulation of which the Board has statutory authority;

(9) In the event that a board member is present for a meeting or hearing defined above, and the meeting is cancelled without prior notice, the attending board member will be eligible for compensation provided the member was present at the scheduled time. Specific Authority 455.207(4) FS. Law

61G5-17.018 Investigators; Criteria for Selection.

Repealed 1-7-15

61G5-17.019 Public Comment.

The Board of Cosmetology invites and encourages all members of the public to provide comment on matters or propositions before the Board or a committee of the Board. The opportunity to provide comment shall be subject to the following:

- (1) Members of the public will be given an opportunity to provide comment on subject matters before the Board after an agenda item is introduced at a properly noticed board meeting.
- (2) Members of the public shall be limited to 3 minutes to provide comment. This time shall not include time spent by the presenter responding to questions posed by Board members, staff or board counsel. The chair of the Board may extend the time to provide comment if time permits.
- (3) A member of the public shall notify board staff in writing of his or her interest to be heard on a proposition or matter before the Board. The notification shall identify the person or entity, indicate support, opposition, or neutrality, and identify who will speak on behalf of a group or faction of persons consisting of three or more persons. Any person or entity appearing before the Board may use a pseudonym if he or she does not wish to be identified.

61G5-17.020 Security and Monitoring Procedures for Licensure Examination.

Repealed 9-3-12

61G5-17.0201 Licensure Examinations and Examination Procedures for Handicapped Candidates.

Repealed 9-3-12

61G5-17.021 Designation of Official Reporter.

Repealed 9-3-12.

61G5-17.023 Final Orders.

Repealed 9-3-12

CHAPTER 61G5-18 COSMETOLOGIST

61G5-18.00015 Cosmetologist and Compensation Defined.

61G5-18.001 Who May Apply.

61G5-18.002 Manner of Application (Repealed)

61G5-18.003 Cosmetology Examination

61G5-18.004 Re-examination.

61G5-18.005 Examination Review Procedure (Repealed)

61G5-18.0055 Supervised Cosmetology Practice Exception (Repealed)

61G5-18.007 Endorsement of Cosmetologists.

61G5-18.008 Cosmetologist License Renewal.

61G5-18.011 Initial Licensure or Registration Requirement for Instruction on Human Immunodeficiency Virus and Acquired Immune Deficiency Syndrome; Course Content and Approval Requirements.

61G5-18.00015 Cosmetologist and Compensation Defined.

A cosmetologist is a person, who is licensed to perform the mechanical or chemical treatment of the head, face, and scalp for aesthetic rather than medical purposes, including, but not limited to, hair shampooing, hair cutting, hair arranging, hair braiding, hair coloring, permanent waving, and hair relaxing, for compensation. A cosmetologist may also perform non-invasive hair removals, including wax treatments but not including electrolysis as that term is defined in Chapter 478, F.S., manicures, pedicures, and skin care services. For the purposes of this act "compensation" is defined as the payment of money or its equivalent, the receipt or delivery of property, or the performance of a service, or the receipt or delivery of anything of value in exchange for cosmetology services. For the purposes of this act "medical purposes" is defined as any form of bodily intrusion into the orifices, skin, muscles, or any other tissues of the body.

61G5-18.001 Who May Apply.

(1) Individuals desiring to be licensed as a cosmetologist shall meet all required qualifications as specified in Section 477.019, F.S.

(2) If an applicant for licensure by examination meets all required qualifications except the required minimum hours of training, he or she shall be entitled to take the licensure examination to practice cosmetology if the applicant has received a minimum of 1,000 hours of training established by the Board, and has been certified by the Director of the school or program in which he or she is currently enrolled to have achieved the minimum competency standards of performance as prescribed in Chapter 61G5-22, F.A.C., for the hours completed.

61G5-18.002 Manner of Application.

Repealed 9-3-12

61G5-18.003 Cosmetology Examination.

(1) The Cosmetology examination shall consist of two parts, a written theory examination and a written clinical examination, both parts must be successfully completed prior to licensure.

(2)(a) The written theory examination shall be administered by the Department. The following subjects will be tested on the examination and will be weighted approximately as designated:
Category Weight

1. General Safety and Sanitation Procedures 34%

2. Client Services 24%

3. Facial, Make-up, and Hair Removal 16%

4. Manicuring and Pedicuring 16%

5. Professional/Legal and Ethical Laws and Rules 10%

(b) Passing Grade. Candidates' scores will be converted to a scale of 0 to 100; the minimum passing score as determined by the Board shall be set at 75 on that scale. All forms of the examination are statistically equated so that the relative passing scores remain equivalent.

(3) The second part of the examination shall be a written clinical examination administered by the Department. The following subjects will be tested on the examination and will be weighted approximately as follows:

Category Weight

(a) Hair Coloring and Lightening 39%

(b) Permanent Waving and Chemical Relaxing 34%

(c) Scalp and Hair Care 5%

(d) Hair Cutting/Shaping 10%

(e) Hair Styling 12%

(4) Passing Grade. Candidates' scores will be converted to a scale of 0 to 100; the minimum passing score as determined by the Board shall be set at 75 on that scale. All forms of the examination are statistically equated so that the relative passing scores remain equivalent.

(5) In rounding percentages, any percentage which is point five (.5) or above shall be rounded up to the next number. Percentages less than point five (.5) shall be rounded down to the next whole number.

(6) An accurate record of each examination shall be made and the record, together with all examination papers, shall be filed with the Secretary of the Department and shall be kept for reference and inspection for a period of not less than two (2) years immediately following the examination.

(7) An applicant shall be permitted to use a strict translation dictionary in taking the examination. Such a dictionary shall give only the translation of words from one language to another without giving any definition or explanation of any word.

61G5-18.004 Re-examination.

(1) Any applicant who fails the examination shall be entitled to re-examination pursuant to the terms and conditions set forth in this rule. Those applicants not achieving a passing grade on each part will have failed that part of the examination and shall be required to retake and pass only that part failed in order to be licensed as a cosmetologist, provided however that the applicant must pass both parts of the examination within a two-year period. If any applicant fails to achieve a passing grade on all parts within the 2 years as provided in this rule, the applicant shall be required to retake and successfully complete the full examination. In rounding percentages, any percentage, which is, point five (.5) or above shall be rounded up to the next whole number. Percentages less than point five (.5) shall be rounded down to the next whole number.

(2) Any person desiring to be reexamined for licensure as a cosmetologist shall apply to the Department in writing upon forms prepared and furnished by the department and shall pay a reexamination fee as required by Rule 61G5-24.006, F.A.C.

(3) Those applicants who qualified to take the examination after completion of only 1,000 hours of training pursuant to Section

477.019(1)(b), F.S., and failed, shall be entitled to reexamination only upon completion of the full requirements provided for in Section 477.019, F.S.

(4) An applicant who has twice failed the examination or any part thereof, shall return to an approved school of cosmetology for a minimum of 40 hours of remedial instruction prior to taking any part of the examination for the third time. An applicant who fails any portion for the third time shall return to an approved school of cosmetology for 80 hours of remedial instruction

61G5-18.005 Examination Review Procedure.

Repealed 9-3-12

61G5-18.0055 Supervised Cosmetology Practice Exception.

Repealed 9-3-12

61G5-18.007 Endorsement of Cosmetologists.

The Department of Business and Professional Regulation shall issue a license to an applicant without examination who:

(1) Makes application and pays to the Department the fee specified in Rule 61G5-24.002, F.A.C.;

(2) Demonstrates the applicant has completed a board approved HIV/AIDS course; and

(3) Demonstrates the applicant is currently licensed to practice cosmetology under the law of another state having completed at least 1200 cosmetology school or program hours substantially similar to, equivalent to, or greater than the qualifications required of applicants from this state; Demonstrates that the applicant has passed a written licensure examination to obtain a license substantially similar to, equivalent to, or greater than the qualifications required of applicants from this state; and passage of a written examination.

61G5-18.008 Cosmetologist License Renewal.

(1) A cosmetologist shall renew his or her license on or before October 31 each biennial year, according to the fee schedule as outlined in Rule 61G5-24.008, F.A.C.

(2) Spouses of members of the Armed Forces of the United States are exempted from all licensure renewal provisions, but only in cases of absence from the state because of their spouses' duties with the Armed Forces.

61G5-18.011 Initial Licensure or Registration Requirement for Instruction on Human Immunodeficiency Virus and Acquired Immune Deficiency Syndrome; Course Content and Approval Requirements.

(1) Each applicant for initial licensure or registration under Chapter 477, F.S., shall complete a board-approved educational course on Human Immunodeficiency Virus (HIV) and Acquired Immune Deficiency Syndrome (AIDS), and shall submit proof thereof in the form of a certificate of completion from the provider of such course with the application. A copy of the certificate will satisfy this requirement. Completion of such course shall be a condition of licensure or registration. Except as provided in subsection (2) below, no person shall be granted an initial license or registration unless he or she complies with this rule.

(2) If an applicant for initial licensure or registration under Chapter 477, F.S., has not completed a board-approved educational course on HIV and AIDS at the time of application, but has completed all other requirements for licensure or registration, he or she may request an additional 6 month period in which to complete this requirement. Such request shall be submitted at the time of filing the application for licensure or registration; and, will be made by filing a written affidavit showing good cause to grant the request. Upon the filing of such affidavit, the applicant shall be granted one, 6 month period in which to complete a board-approved educational course on HIV and AIDS. The applicant shall be required to submit proof of the completion of this course in the form of a certificate of completion from the provider of such course to the department within the 6 month period. A copy of the certificate will satisfy this requirement. Failure to submit such proof during the 6 month period shall cause any previously issued license or registration to become null and void without further action by the Board.

(3) All educational courses on HIV and AIDS which are taught to fulfill the requirements for initial licensure or registration under Chapter 477, F.S., shall be approved by the Board. To be considered for the Board's approval, courses on HIV and AIDS shall consist of 4 hours combined education of:

(a) Education on the modes of transmission, infection control procedures, clinical management, and prevention of HIV and AIDS;

(b) Discussion of attitudes towards HIV and AIDS as well as appropriate behavior in dealing with persons who may have the virus or syndrome.

(4) All proposed HIV and AIDS educational courses shall be submitted for presentation to the Board at least 30 days prior to the next scheduled board meeting at which the course is to be considered for approval. No course may be taught for credit until it has received the Board's approval.

(5) The Board approves the following courses for purposes of fulfilling the requirements for initial licensure or registration under Chapter 477, F.S.:

(a) Courses approved by any other board in accordance with Section 381.0034, 381.0035, 455.2226, 455.2228, F. S.;

(b) Basic AIDS educational courses presented by the Florida Department of Health or other state health departments, provided they meet the requirements set forth in subsection (3).

(6) Home study or video courses shall be approved by the Board, provided they meet the requirements set forth in subsection (3). Home study courses must require a 75% passing score on a post course test to be graded by the course provider.

(7) At any time, the Board shall deny or rescind its approval of a course offered for initial licensure if it finds that: such approval was the result of fraud; the course which is being provided fails to cover the information required by statute or subsection (3) or fails to meet other requirements specified in this rule; or the course significantly varies from the course proposal that was approved by the Board. Before rescinding approval of a course, the Board shall give the course provider notice and an opportunity to be heard. If the Board denies or rescinds its approval of a course because of the course provider's fraud in obtaining such approval, then the course provider shall thereafter be barred from presenting any other course to licensees for credit unless the course provider demonstrates to

the Board that he or she has been sufficiently rehabilitated to be trusted to provide such courses to licensees in the future.

CHAPTER 61G5-20 COSMETOLOGY SALONS

61G5-20.001 Salon Defined.

61G5-20.0015 Performance of Cosmetology or Specialty Services Outside a Licensed Salon.

61G5-20.00175 Fashion Photography.

61G5-20.002 Salon Requirements.

61G5-20.003 Inspections.

61G5-20.004 Display of Documents.

61G5-20.005 Salon License Renewal.

61G5-20.006 Transfer of Ownership or Location of a Salon (Repealed).

61G5-20.007 Communicable Disease.

61G5-20.008 Employment of Applicants for Licensure as a Cosmetologist Prior to Licensure; Employment of Applicants for Registration as a Specialist Prior to Registration.

61G5-20.010 Mobile Salons.

61G5-20.001 Salon Defined.

Salon means any establishment or place of business wherein cosmetology as defined in Section 477.013(4), F.S., or any specialty as defined in Section 477.013(6), F.S., is practiced for compensation, however this does not prevent the practice of cosmetology in a licensed barbershop, or the practice of barbering in a licensed cosmetology salon, provided the salon employs a licensed cosmetologist. Except as provided in Rule 61G5-20.010, F.A.C., a salon must be at a fixed location.

61G5-20.0015 Performance of Cosmetology or Specialty Services Outside a Licensed Salon.

(1) "Special events" is defined as weddings, fashion shows, and other events as approved by the board.

(2) Cosmetology or specialty services may be performed by a licensed cosmetologist or specialist in a location other than a licensed salon, including a hospital, nursing home, residence, or similar facility, when a client for reasons of ill health is unable to go to a licensed salon. Such services are not to be performed upon employees or person who do not reside in the facility, or any other non-qualified persons.

(3) Cosmetology services may only be performed in a photography studio salon subject to the following requirements:

(a) Only hair-arranging services and the application of cosmetic products may be performed in a photography studio salon; and, may only be performed for the purpose of preparing a model or client of the photography studio for a photographic session. Shampooing the hair, hair cutting, hair coloring, permanent waving of the hair, hair relaxing, removing of hair, manicuring, pedicuring, and the performance of any other service defined as cosmetology may not be performed in a photography studio salon.

(b) All hair-arranging services and applications of cosmetic products to be performed in the photography studio salon shall be performed by a licensed Florida cosmetologist or under the supervision of a licensed cosmetologist employed by the salon. "Under the supervision of a licensed cosmetologist" shall mean that an individual who then holds a current, active Florida

license as a cosmetologist shall be physically present at the photography studio salon at all times when hair-arranging services or applications of cosmetic products are being performed.

(c) When performing hair-arranging services, the photography studio salon shall use either disposable hair-arranging implements or shall use a wet or dry sanitizing system approved by the federal Environmental Protection Agency.

(4) The following procedures shall be followed when performing cosmetology services outside of a licensed salon:

(a) Information as to the name of the client and the address at which the services are to be performed shall be recorded in the appointment book.

(b) The appointment book shall remain at the salon and be made available upon request to any investigator or inspector of the Department.

61G5-20.00175 Fashion Photography.

For purposes of Section 477.0263(3), F.S., fashion photography is hereby defined to mean the photographing of one or more human subjects or professional models for commercial purposes where the subject or model receives remuneration, compensation or wages for being photographed. Fashion photography shall not include instances in which the subject pays a photographer a fee to be photographed or instances in which the photographs are made for the personal use and enjoyment of the subject rather than for commercial purposes.

61G5-20.002 Salon Requirements.

(1) Definitions: For the purposes of this rule, the following definitions apply:

(a) "Clean" means the removal of visible debris from a surface such as washing with soap/water.

(b) "Disinfect" means the use of a chemical to destroy potential pathogens.

(c) "Sterilize" means the complete destruction of all microbial life, commonly achieved through the use of heat and/or pressure.

(d) "Wet disinfection container" means a tub or jar with a lid, filled with disinfectant and large enough for all items to be completely immersed.

(e) "Infection control" means the process for reducing the risk of spreading disease causing pathogens.

(2) Prior to opening a salon, the owner shall:

(a) Submit an application on forms prescribed by the

Department of Business and Professional Regulation; and
(b) Pay the required registration fee as outlined in the fee schedule in Rule 61G5-24.005, F.A.C.; and

(c) Meet the safety and sanitary requirements as listed below and these requirements shall continue in full force and effect for the life of the salon:

1. Ventilation and Cleanliness: Each salon shall be kept well ventilated. The walls, ceilings, furniture and equipment shall be kept clean and free from dust. Hair must not be allowed to accumulate on the floor of the salon. Hair must be deposited in a covered waste receptacle. Each salon which provides services for the extending or sculpturing of nails shall provide such services in a separate area which is adequately ventilated for the safe dispersion of all fumes resulting from the services.

2. Toilet and Lavatory Facilities: Each salon shall provide – on the premises or in the same building as, and within 300 feet of,

the salon – adequate toilet and lavatory facilities. To be adequate, such facilities shall have at least one toilet and one sink with running water. Such facilities shall be equipped with toilet tissue, soap dispenser with soap or other hand cleaning material, sanitary towels or other hand-drying device such as a wall-mounted electric blow dryer, and waste receptacle. Such facilities and all of the foregoing fixtures and components shall be kept clean, in good repair, well-lighted, and adequately ventilated to remove objectionable odors.

3. A salon, or specialty salon may be located at a place of residence. Salon facilities must be separated from the living quarters by a permanent wall construction. A separate entrance shall be provided to allow entry to the salon other than from the living quarters. Toilet and lavatory facilities shall comply with subparagraph (c)2. above and shall have an entrance from the salon other than the living quarters.

4. Animals: No animals or pets shall be allowed in a salon, with the exception of service animals and fish kept in closed aquariums.

5. Shampoo Bowls: Each salon shall have shampoo bowls equipped with hot and cold running water. The shampoo bowls shall be located in the area where cosmetology services are being performed. A specialty salon that exclusively provides specialty services, as defined in Section 477.013(6), F.S., need not have a shampoo bowl, but must have a sink or lavatory equipped with hot and cold running water on the premises of the salon.

(d) Comply with all local building and fire codes. These requirements shall continue in full force and effect for the life of the salon.

(3) Each salon shall comply with the following:

(a) Linens: Each salon shall keep clean linens in a closed, dustproof cabinet. All soiled linens must be kept in a closed receptacle. Soiled linens may be kept in open containers if entirely separated from the area in which cosmetology services are rendered to the public. A sanitary towel or neck strip shall be placed around the patron's neck to avoid direct contact of the shampoo cape with a patron's skin.

(b) Containers: Salons must use containers for waving lotions and other preparations of such type as will prevent contamination of the unused portion. All creams shall be removed from containers by spatulas.

(c) Disinfection: The use of a brush, comb or other article on more than one patron without being disinfected is prohibited. Each salon is required to have sufficient combs, brushes, and implements to allow for adequate disinfecting practices. Combs or other instruments shall not be carried in pockets.

(d) Disinfectants: All salons shall be equipped with and utilize disinfecting solutions with hospital level disinfectant or EPA approved disinfectant, sufficient to allow for disinfecting practices.

1. A wet disinfection container is any receptacle containing a disinfectant solution and large enough to allow for a complete immersion of the articles. A cover shall be provided.

2. Disinfecting methods which are effective and approved for salons: First, clean articles with soap and water, completely immerse in a chemical solution that is hospital level or EPA approved disinfectant as follows:

a. Combs and brushes, remove hair first and immerse in hospital level or EPA approved disinfectant;

b. Metallic instrument, immerse in hospital level for EPA approved disinfectant;

c. Instruments with cutting edge, wipe with a hospital level or EPA approved disinfectant; or

d. Implements may be immersed in a hospital level or EPA approved disinfectant solution.

e. Shampoo bowls, facial beds, and neck rests, clean and disinfect between each use.

3. For purposes of this rule, a "hospital level disinfectant or EPA approved disinfectant" shall mean the following:

a. For all combs, brushes, metallic instruments, instruments with a cutting edge, and implements that have not come into contact with blood or body fluids, a disinfectant that indicates on its label that it has been registered with the EPA as a hospital grade bacterial, virucidal and fungicidal disinfectant;

b. For all combs, brushes, metallic instruments with a cutting edge, and implements that have come into contact with blood or body fluids, a disinfectant that indicates on its label that it has been registered with the EPA as a disinfectant, in accordance with 29 C.F.R. 1910.1030.

4. All disinfectants shall be mixed and used according to the manufacturer's directions.

(e) After cleaning and disinfecting, articles shall be stored in a clean, closed cabinet or container until used. Unsanitized articles such as pens, pencils, money, paper, mail, etc., shall not be kept in the same container or cabinet. For the purpose of recharging, rechargeable clippers may be stored in an area other than in a closed cabinet or container, provided such area is clean and provided the cutting edges of such clippers have been disinfected.

(f) Ultra Violet Irradiation may be used to store articles and instruments after they have been cleansed and disinfected.

(g) Pedicure Equipment Disinfection:

The following cleaning and disinfection procedures must be used for any pedicure equipment that holds water, including sinks, bowls, basins, pipe-less spas, and whirlpool spas:

1. After each client, all pedicure units must be cleaned with a low-foaming soap or detergent with water to remove all visible debris, then disinfected with an EPA registered hospital grade bactericidal, fungicidal, virucidal, and pseudomonacidal disinfectant used according to manufacturers instructions for at least ten (10) minutes. If the pipe-free foot spa has a foot plate, it should be removed and the area beneath it cleaned, rinsed, and wiped dry.

2. At the end of each day of use, the following procedures shall be used:

a. All filter screens in whirlpool pedicure spas or basins for all types of foot spas must be disinfected. All visible debris in the screen and the inlet must be removed and cleaned with a low-foaming soap or detergent and water. For pipe-free systems, the jet components or foot plate must be removed and cleaned and any debris removed. The screen, jet, or foot plate must be completely immersed in an EPA registered, hospital grade bactericidal, fungicidal, virucidal, and pseudomonacidal disinfectant that is used according to manufacturer's instructions. The screen, jet, or foot plate must be replaced after disinfection is completed and the system is flushed with warm water and low-foaming soap for 5 minutes, rinsed, and drained.

b. After the above procedures are completed, the basin should be filled with clean water and the correct amount of EPA registered

disinfectant. The solution must be circulated through foot spa system for 10 minutes and the unit then turned off. The solution should remain in the basin for at least 6 to 10 hours. Before using the equipment again, the basin system must be drained and flushed with clean water.

3. Once each week, subsequent to completing the required end-of-day cleaning procedures, the basin must be filled with a solution of water containing one teaspoon of 5.25% bleach for each gallon of water. The solution must be circulated through the spa system for 5 to 10 minutes and then the solution must sit in the basin for at least 6 hours. Before use, the system must be drained and flushed.

4. A record or log book containing the dates and times of all pedicure cleaning and disinfection procedures must be documented and kept in the pedicure area by the salon and made available for review upon request by a consumer or a Department inspector.

(4) No cosmetology or specialty salon shall be operated in the same licensed space allocation with any other business which adversely affects the sanitation of the salon, or in the same licensed space allocation with a school teaching cosmetology or a specialty licensed under Chapter 477, F.S., or in any other location, space, or environment which adversely affects the sanitation of the salon. In order to control the required space and maintain proper sanitation, where a salon adjoins such other business or school, or such other location, space or environment, there must be permanent walls separating the salon from the other business, school, location, space, or environment and there must be separate and distinctly marked entrances for each.

(5) Evidence that the full salon contains a minimum of 200 square feet of floor space. No more than two (2) cosmetologists or specialists may be employed in a salon which has only the minimum floor space.

(6) A specialty salon offering only one of the regulated specialties shall evidence a minimum of 100 square feet used in the performance of the specialty service and shall meet all the sanitation requirements stated in this section. No more than one specialist or cosmetologist may be employed in a specialty salon with only the minimum floor space. An additional 50 square feet will be required for each additional specialist or cosmetologist employed.

(7) For purposes of this rule, "permanent wall" means a vertical continuous structure of wood, plaster, masonry, or other similar building material, which is physically connected to a salon's floor and ceiling, and which serves to delineate and protect the salon.

61G5-20.003 Inspections.

The Department of Business and Professional Regulation shall cause an inspection of all proposed salons to determine if all the requirements have been met. Each licensed salon shall be inspected at least annually by the Department. No person shall, for any reason intentionally, or directly inhibit an authorized representative of the Department from performing said inspections.

61G5-20.004 Display of Documents.

(1) All holders of a cosmetology or specialty salon license shall display within their salons in a conspicuous place which is clearly visible to the general public upon entering the salon the

following documents:

(a) The current salon license,

(b) A legible copy of the most recent inspection sheet for the salon.

(2) All holders of a cosmetology or specialty salon license shall require and ensure that all individuals engaged in the practice of cosmetology, any specialty, hair braiding, hair wrapping, or body wrapping display at the individual's work station their current license or registration at all times when the individual is performing cosmetology, specialty, hair braiding, hair wrapping, or body wrapping services. The license or registration on display shall be the original certificate or a duplicate issued by the Department and shall have attached a 2" by 2" photograph taken within the previous two years of the individual whose name appears on the certificate. The certificate with photograph attached shall be permanently laminated as of July 1, 2007.

(3) By July 1, 2008, all holders of a cosmetology or specialty salon license shall display at each footbath a copy of the Consumer Protection Notice regarding footbaths, sanitation, and safety. Copies of this notice (revised 10/15/07, and incorporated herein by reference) may be obtained from the Department of Business and Professional Regulation at 1940 North Monroe St., Tallahassee, FL 32399-0783, and the Call Center by calling (850) 487-1395

61G5-20.005 Salon License Renewal.

All salon licenses shall be renewed on or before November 30 of each biennial (even-numbered) year, by meeting all the current requirements for salon licensure as expressed in Rule Chapter 61G5-20, F.A.C., and by paying the renewal fee specified in Rule 61G5-24.009, F.A.C. A salon license is delinquent if not renewed by the November 30 renewal date. To renew a delinquent license, a licensee shall pay delinquent fee as outlined in Rule 61G5-24.009, F.A.C. (in addition to the biennial renewal fee). A delinquent salon license shall expire at the end of the biennium in which it becomes delinquent. After a salon license has expired at the end of the biennium, a new salon license application, the delinquent fee as outlined in Rule 61G5-24.009 and all fees as outlined in Rule 61G5-24.005, F.A.C., must be filed with the Board. Until such new license is issued for and received by the salon, all cosmetology and specialty services shall cease

61G5-20.006 Transfer of Ownership or Location of a Salon.

Repealed 9-3-12.

61G5-20.007 Communicable Disease.

(1) No person engaged in the practice of cosmetology or a specialty in a salon shall proceed with any service to a person having a visible disease, pediculosis, or open sores suggesting a communicable disease, until such person furnishes a statement signed by a physician licensed to practice in the State of Florida stating that the disease or condition is not in an infectious, contagious or communicable stage.

(2) No cosmetologist or person registered to practice any specialty in Florida, who has a visible disease, pediculosis, or open sores suggesting a communicable disease, shall engage in the practice of cosmetology or any specialty, until such cosmetologist or registrant obtains a statement signed by a physician licensed to practice in the State of Florida stating that

the disease or condition is not in an infectious, contagious, or communicable stage.

61G5-20.008 Employment of Applicants for Licensure as a Cosmetologist Prior to Licensure; Employment of Applicants for Registration as a Specialist Prior to Registration.

(1) Holders of a cosmetology salon license who wish to permit an applicant for licensure as a cosmetologist by examination to perform cosmetology services in their salon pursuant to Rule 61G5-18.0055, F.A.C., shall:

(a) Prior to permitting an applicant to perform cosmetology services in their salon, obtain from the applicant a copy of the completed application for licensure by examination submitted to the Department by the applicant, and a copy of the notification by the Department to the applicant that he or she has been scheduled to take the licensure examination. The cosmetology salon license holder shall not permit an applicant to practice cosmetology or perform cosmetology services in the salon until after the date of the licensure examination as indicated on the notification from the Department.

(b) Upon learning or in any way becoming aware that an applicant who is performing cosmetology services in their salon pursuant to Rule 61G5-18.0055, F.A.C., has either failed to take the first licensure examination as scheduled by the Department, or has failed to achieve a passing grade on the first licensure examination taken by the applicant, immediately cease to permit the applicant to further perform cosmetology services until the applicant provides to the cosmetology salon license holder a copy of the completed application for reexamination submitted to the Department by the applicant for the next available licensure examination immediately following the licensure examination which the applicant failed to take or pass.

(c) Upon learning or in any way becoming aware that an applicant who is performing cosmetology services in their salon pursuant to Rule 61G5-18.0055, F.A.C., has either failed to take the next available licensure examination immediately following the licensure examination which the applicant failed to pass, immediately cease to permit the applicant to further perform cosmetology services until the applicant provides to the cosmetology salon license holder proof of having been issued a cosmetology license by the Department.

(d) Ensure that all cosmetology services performed by the applicant in the salon are performed in accordance with the conditions as set forth in Rule 61G5-18.0055, F.A.C.

(e) Display in a conspicuous place at the cosmetology salon location in which the applicant performs cosmetology services under Rule 61G5-18.0055 a copy of the completed application for licensure by examination submitted to the Department by the applicant, and a copy of the completed application for reexamination submitted to the Department by the applicant if such reexamination is required under Rule 61G5-18.0055, F.A.C.

(2) Holders of a cosmetology or specialty salon license who wish to permit an applicant for registration as a specialist to perform specialty services in their salon pursuant to Rule 61G5-29.004, F.A.C., or who wish to permit applicants for registration as a hair braider or hair wrapper to perform hair braiding or hair wrapping services in their salon pursuant to Rule 61G5-31.006, shall:

(a) prior to permitting an applicant to perform any specialty services or hair braiding or hair wrapping services in their salon, obtain from the applicant a copy of the completed application for registration submitted to the Department by the applicant;

(b) upon learning or in any way becoming aware that an applicant who is performing specialty services in their salon pursuant to Rule 61G5-29.004, F.A.C., or performing hair braiding or hair wrapping services in their salon pursuant to Rule 61G5-31.006, F.A.C., has been notified that his or her application is incomplete, or has been determined by the Board to be not qualified for registration as a specialist, shall immediately cease to permit the applicant to further perform specialty services;

(c) ensure that all specialty services performed by the applicant in the salon are performed in accordance with the conditions as set forth in Rule 61G5-29.004, F.A.C., and all other applicable laws and Rules of the Board;

(d) ensure that all hair braiding and hair wrapping services performed by the applicant in the salon are performed in accordance with all applicable laws and Rules of the Board;

(e) display in a conspicuous place at the cosmetology or specialty salon location in which the applicant performs specialty services pursuant to Rule 61G5-29.004, F.A.C., or hair braiding or hair wrapping services pursuant to Rule 61G5-31.006, a copy of the completed application for registration as a specialist or application for registration as a hair braider or hair wrapper submitted to the Department by the applicant.

61G5-20.010 Mobile Salons.

(1) The operation of all mobile cosmetology salons shall meet and at all times remain in compliance with all local laws and ordinances regulating business establishments in all areas in which the mobile salon operates, with all applicable requirements of the Americans with Disabilities Act relating to accommodations for persons with disabilities, and with all applicable OSHA requirements.

(2) Each mobile salon shall meet and at all times remain in compliance with the requirements of this rule, all licensure and operating requirements specified in Chapters 455 and 477, F.S., and all other rules of the Board and the Department which apply to cosmetology salons at fixed locations except to the extent those rules of the Board conflict with this rule.

(3) To facilitate inspections by the Department:

(a) Prior to the beginning of each month, each mobile salon license holder shall file with the Board a written monthly itinerary, which lists the locations where and the dates and hours when the mobile salon will be operating.

(b) The salon name and salon license number shall be in lettering at least five inches in height and shall be visibly displayed and clearly legible on at least two exterior sides of each mobile salon.

(c) If a mobile salon is in a motor vehicle, the vehicle's identification number shall be included on the mobile salon's application for licensure and shall also be listed on the mobile salon's monthly itinerary required in paragraph (a) of this subsection.

(d) Each mobile salon shall have a telephone or other means of telecommunication by which it can be contacted by the Department personnel. The salon's telephone number shall be included on the mobile salon's application for licensure and

shall also be listed on the mobile salon's monthly itinerary required in paragraph (a) of this subsection.

(e) Each salon shall be operated only at the times and places specified in its monthly itinerary.

(f) Each mobile salon license holder shall maintain a permanent business address in the inspection area of the local district office at which records of appointments, itineraries, license numbers of employees, and vehicle identification numbers of the license holder's mobile salon shall be kept and made available for verification purposes by Department personnel, and at which correspondence from the Department can be received. Post Office box or private mail box addresses may not be used for these purposes.

(4) Due to the inherent problems of providing water and sewage service to mobile salons, the following requirements shall apply:

(a) Each mobile salon shall be equipped with a functional restroom which includes a self-contained, flush chemical toilet with a holding tank. The restroom shall also be in substantial compliance with the toilet and lavatory requirements specified in Rule 61G5-20.002, F.A.C.

(b) Each mobile salon shall have storage capacity for at least 35 gallons of clean water for each cosmetologist working in the mobile salon and a total storage capacity for waste water equal to or greater than the mobile salon's total capacity for clean water.

(c) Operation of a mobile salon shall promptly cease:

1. When the mobile salon's clean water supply is depleted or so diminished that further cosmetology service cannot be completed;

2. When the mobile salon's waste water storage capacity is reached;

3. When the mobile salon's restroom is in need of servicing.

(d) No mobile salon shall operate or resume operation unless it has a sufficient amount of clean water as well as waste water capacity necessary for completing all cosmetology services undertaken and its restroom is functional.

(e) In disposing of sewage and waste water, each mobile salon shall comply with applicable state and local environmental and sanitation regulations.

(5) No cosmetology services shall be preformed and no patrons shall remain within a mobile salon while it is in motion.

(6) Applicants for licensure of a mobile salon shall be subject to and shall pay the same fees which licensed salons at fixed locations are subject to.

CHAPTER 61G5-24 FEE SCHEDULE

61G5-24.001 Collection and Payment of Fees (Repealed).

61G5-24.002 Original Cosmetologist Licensure Fee, Cosmetologist Examination and Endorsement Fees, Initial Specialist Registration; Application and Endorsement Fees.

61G5-24.005 Salon License Fee.

61G5-24.006 Cosmetologist Reexamination Fee.

61G5-24.007 Duplicate License Fee.

61G5-24.008 Biennial Renewal Fee for Cosmetologists and Specialists.

61G5-24.009 Biennial Renewal Fee and Delinquent Fee for Salon License.

61G5-24.010 Delinquent License and Specialty Registration Fee.

61G5-24.011 Processing Fee; Change of Status.

61G5-24.016 Reactivation Fee for Cosmetologists and Specialists.

61G5-24.017 Inactive Status License and Specialty Registration Fees.

61G5-24.018 Examination Review Fee (Repealed).

61G5-24.019 Hair Braiding, Hair Wrapping, and Body Wrapping Fees.

61G5-24.001 Collection and Payment of Fees.

Repealed 9-3-12

61G5-24.002 Original Cosmetologist Licensure Fee, Cosmetologist Examination and Endorsement Fees, Initial Specialist Registration; Application and Endorsement Fees.

(1) The following fees are adopted by the Board:

(a) The fee for original licensure as a cosmetologist shall be fifty dollars (\$50.00) and shall be paid by all applicants for licensure.

(b) The examination fee for licensure as a cosmetologist by examination shall be fifty dollars (\$50.00). When the examination is not conducted by a professional testing service pursuant to Section 455.2171, F.S., the entire examination fee shall be payable to the Department. When the examination is conducted by a professional testing service pursuant to Section 455.2171, F.S., twenty-three dollars (\$23.00) of the examination fee shall be payable to the Department; and, twenty-seven dollars (\$27.00) shall be payable to the professional testing service.

(c) The application fee for licensure as a cosmetologist by endorsement shall be fifty dollars (\$50.00).

(d) The fee for initial registration as a specialist shall be fifty dollars (\$50.00), and shall be paid by all applicants for registration.

(e) The application fee for registration as a specialist shall be thirty dollars (\$30.00).

(f) The fee for registration as a specialist by endorsement shall be thirty dollars (\$30.00).

(2) Applicants for licensure as a cosmetologist by examination shall pay both the original licensure fee and that part of the examination fee which is payable to the Department at the time of their application. Any part of the examination fee which is payable to a professional testing service shall be paid to that service upon notification by the Department that the applicant's application for licensure by examination has been approved. Applicants for licensure as a cosmetologist by endorsement shall pay both the original licensure fee and the application fee at the time of their application. Applicants for registration as a specialist shall pay both the initial registration fee and the application fee at the time of their application. Applicants for registration as a specialist by endorsement shall pay both the initial registration fee and the fee for registration as a specialist by endorsement at the time of their application.

61G5-24.005 Salon License Fee.

The salon license fee shall be fifty dollars (\$50.00). In addition, a non-refundable application fee of fifty dollars (\$50.00) shall be submitted with the salon license application.

61G5-24.006 Cosmetologist Reexamination Fee.

When the examination for licensure as a cosmetologist is not conducted by a professional testing service pursuant to Section 455.2171, F.S., the reexamination fee shall be fifty dollars (\$50.00), and shall be payable to the Department. When the examination for licensure as a cosmetologist is conducted by a professional testing service pursuant to Section 455.2171, F.S., the reexamination fee shall be twenty-three dollars (\$23.00) which shall be payable to the Department; and, thirteen dollars and fifty cents (\$13.50) per part of the licensure examination to be retaken by the applicant, which shall be payable to the professional testing service.

61G5-24.007 Duplicate License Fee.

The fee for a duplicate license of any kind shall be twenty-five dollars (\$25.00).

61G5-24.008 Biennial Renewal Fee for Cosmetologists and Specialists.

The fee for biennial renewal of a cosmetologist’s license shall be twenty-five dollars (\$25.00). The fee for biennial renewal of a specialist’s registration shall be fifty dollars (\$50.00).

61G5-24.009 Biennial Renewal Fee and Delinquent Fee for Salon License.

(1) The fee for a biennial renewal of a salon license shall be fifty dollars (\$50.00).

(2) A salon license which is renewed within twenty-four months of the expiration of the license shall be renewed upon payment of a delinquent fee of fifty dollars (\$50.00) (in addition to the biennial renewal fee).

61G5-24.010 Delinquent License and Specialty Registration Fee.

A licensee who is delinquent in applying for renewal shall pay a delinquent fee of fifty dollars (\$50.00). A registrant who is delinquent in applying for renewal shall pay a delinquent fee of fifty dollars (\$50.00). Such fee shall be in addition to the renewal

61G5-24.011 Processing Fee; Change of Status.

A licensee or registrant who is applying for a change in licensure or registration at any time other than during the licensure or registration renewal period, shall pay a processing fee of five dollars (\$5.00).

61G5-24.016 Reactivation Fee for Cosmetologists and Specialists.

The fee for reactivation of an inactive license or specialty registration shall be fifty dollars (\$50.00). Such fee shall be in addition to the biennial renewal fee prescribed in Rule 61G5-24.008, F.A.C.

61G5-24.017 Inactive Status License and Specialty Registration Fees.

(1) The fee for renewal of an inactive license shall be fifty dollars (\$50.00).

(2) The fee for renewal of an inactive registration shall be fifty dollars (\$50.00).

61G5-24.018 Examination Review Fee.

Repealed 9-3-12.

61G5-24.019 Hair Braiding and Hair Wrapping Fees.

(1) The initial fee for registration as a hair braider, hair wrapper, or body wrapper shall be twenty-five dollars (\$25.00).

(2) The fee for biennial renewal of a hair braiding, hair wrapping, or body wrapping registration in an active or inactive status shall be twenty-five dollars (\$25.00).

(3) The delinquency fee to be paid by a delinquent status hair braider registrant, hair wrapper registrant, or body wrapper registrant when applying for either active or inactive status shall be twenty-five dollars (\$25.00). The delinquency fee shall be paid in addition to the normal renewal fee for the status for which the registrant has applied.

(4) The fee for the reactivation of an inactive hair braider, hair wrapper, or body wrapper registration to active status shall be fifty dollars (\$50.00). The reactivation fee shall be paid in addition to any difference between the normal inactive renewal fee and the active renewal fee.

(5) The fee for a change in the status of a hair braider, hair wrapper, or body wrapper registration if requested at a time other than the normal renewal period shall be five dollars (\$5.00).

CHAPTER 61G5-25 LICENSURE STATUS AND NOTICE OF ADDRESS CHANGE

61G5-25.001 Active Status.

61G5-25.002 Inactive Status; Reactivation.

61G5-25.003 Delinquent Status (Repealed).

61G5-25.005 Notice to the Department of Mailing Address and Place of Practice of Licensee.

61G5-25.001 Active Status.

(1) The department shall renew an active cosmetology license or specialty registration upon timely receipt of the completed application for status, the biennial renewal fee, and certification that the licensee or registrant has demonstrated participation in the continuing education required by Rule 61G5-32.001, F.A.C.

(2) The term “completed application” for purposes of active status or inactive status shall mean either a completed renewal notice or a written request from the licensee or registrant accompanied by a statement affirming compliance with the applicable requirements for renewal.

61G5-25.002 Inactive Status; Reactivation.

(1) Any licensee or registrant may elect at the time of license renewal to place the license or registration into inactive status by filing with the Board a completed application for inactive status as defined by Rule 61G5-25.001(2), F.A.C., and by paying the inactive status fee.

(2) An inactive status licensee or registrant may change to active status at any time provided the licensee or registrant meets the continuing education requirements of Rule 61G5-32.001, F.A.C., pays the reactivation fee, and if the request to change licensure status is made at any time other than at the beginning of a licensure cycle, pays the additional processing fee. However, a licensee or registrant whose license or registration

has been in inactive status for more than two consecutive biennial licensure cycles shall be required to submit a statement affirming that the licensee or registrant has read within the last thirty (30) days and is familiar with the laws and rules for the practice of cosmetology in the State of Florida before the license or registration can be placed into active status.

(3) Any inactive licensee or registrant who elects active status is not eligible to elect to return to inactive status until the next licensure renewal period.

(4) A cosmetologist or specialist may not work with an inactive or delinquent license or registration.

61G5-25.003 Delinquent Status.

Repealed 9-3-12.

61G5-25.005 Notice to the Department of Mailing Address and Place of Practice of Licensee.

(1) It shall be the duty of each licensee or registrant to provide written notification to the Department of the licensees or registrant's current mailing address and place of practice. For purposes of this rule, "place of practice" means the address of the physical location where the licensee or registrant practices cosmetology or a specialty.

(2) Any time that the current mailing address or place of practice of any licensee or registrant changes, written notification of the change shall be provided to the Department within ninety (90) days of the change. Written notice shall be sent to the following address: Florida Board of Cosmetology, Department of Business and Professional Regulation, Northwood Centre, 1940 North Monroe Street, Tallahassee, Florida 32399-0790.

(3) It shall be a violation of this rule for a licensee or registrant to fail to advise the Department within ninety (90) days of a change of mailing address. It shall not be a violation of this rule to fail to advise the Department of a change of one's place of practice within ninety (90) days.

CHAPTER 61G5-29 SPECIALTY LICENSING

61G5-29.002 Specialty Registration (Repealed).

61G5-29.003 Human Immunodeficiency Virus and Acquired Immune Deficiency Syndrome (HIV/AIDS) Training for Initial Registration (Repealed).

61G5-29.004 Supervised Specialty Practice Exception.

61G5-29.011 Endorsement of Specialty Registration.

61G5-29.012 Who May Apply (Repealed).

61G5-29.013 Registration Renewal Procedures.

61G5-29.001 Definitions.

(1) "Specialty Registration" means a registration to practice one or more of the following specialties: manicuring/pedicuring/ nail extension, facials (skin care and hair removal).

(2) "Certificate of Completion" means a certificate from one of the following:

(a) A school licensed pursuant to Chapter 1005, F.S., or the equivalent licensing authority of another state.

(b) A specialty program within the public school system.

(c) A specialty division within the Cosmetology Division of the Florida School for the Deaf and the Blind, provided the training

programs comply with minimum curriculum requirements established by the board.

(3) "Facials" means:

(a) The massaging or treating of the face, neck or scalp with or without the use of mechanical devices using oils, creams, lotions or other cosmetic products which are used to cleanse and condition the skin, to prevent or correct problems or conditions of the face, neck, and scalp and to color and beautify the face, neck and scalp or enhance their features; and,

(b) Skin care services for the body as defined in Section 477.013(13), F.S.

Facials shall be performed only by individuals licensed pursuant to Sections 477.019 and 477.0201, F.S., and performed in schools licensed pursuant to Chapter 1005, F.S., or salons licensed pursuant to Section 477.025, F.S.

(4) "Cosmetic Demonstration" means the application or removal of cosmetic products for the purposes of demonstration of the cosmetic products as part of a sales or promotion program rendered without compensation for the service from the individual or individuals who are the recipients or audience of the demonstration.

(5) "Cosmetic products" means any external preparation which is intended to cleanse, tone, color or beautify the face or neck, including but not limited to skin cleansers, astringents, skin fresheners, lipstick, eyeliner, eye shadow, foundation, rouge or cheek color, mascara, face powder or corrective stick.

(6) "Simple Adhesive" as used in Section 477.013(6)(a), F.S., means a substance by which artificial nails (such as "press on nails") can be attached to and then easily detached from a patron with slight pressure only, without the application of any nail primer or solvents of any kind, and without removing the natural oils from or roughing of such patron's nails.

Last Amended 6-5-12

61G5-29.002 Specialty Registration.

Repealed 9-3-12.

61G5-29.003 Human Immunodeficiency Virus and Acquired Immune Deficiency Syndrome

(HIV/AIDS) Training for Initial Registration.

Repealed 9-3-12.

61G5-29.004 Supervised Specialty Practice Exception.

(1) Following the submission of a complete application for registration as a specialist which included proof of the successful completion of all educational requirements for the specialty applied for and the payment of all applicable application and registration fees, and pending the issuance by the Department of a registration as a specialist under Chapter 477, F.S., an applicant for registration as a specialist shall be eligible to perform specialty services in the specialty for which the applicant has applied for registration subject to the following conditions:

(a) All specialty services to be performed by the applicant under this exception shall be performed under the supervision of a registered specialist. "Under the supervision of a registered specialist" shall mean that an individual who then holds a current, active Florida registration as a specialist in the same specialty for which the applicant has applied, or an individual who then holds a current, active Florida license as a

cosmetologist shall be physically present at all times when the applicant is performing specialty services.

(b) All specialty services performed by the applicant under this exception shall be performed in a licensed cosmetology or specialty salon. All times during which the applicant is performing specialty services in the salon, the license for the cosmetology or specialty salon shall be in a current and active status.

(2) Prior to beginning the performance of specialty services under this exception, all applicants shall provide to the cosmetology or specialty salon license holder or his or her representative a copy of the completed application for registration as a specialist submitted to the Department by the applicant.

(3) Upon being notified by the Department that his or her application is incomplete, or that he or she has been determined to be not qualified for registration as a specialist, an applicant shall immediately inform the cosmetology or specialty salon license holder or his or her representative of the notification; and shall immediately cease performing specialty services under this exception until the applicant shall have corrected any deficiencies in their earlier application as noted by the Department, or shall have submitted a new application which demonstrates that the applicant is qualified for registration as a specialist, and shall have paid all applicable application and registration fees.

61G5-29.011 Endorsement of Specialty Registration.

The Department of Business and Professional Regulation shall issue a registration to a person who:

- (1) Makes application and pays to the Department the fee specified in Rule 61G5-24.002, F.A.C.;
- (2) Is currently registered or licensed to practice and is currently practicing one of the specialties as defined in Section 477.013(6) and (7), F.S., under the law of another state;
- (3) Demonstrates that the other state’s qualifications and requirements are comparable to or more stringent than those required by Florida Law (Chapter 477, F.S.) and Rule 61G5-22.015, F.A.C.

61G5-29.012 Who May Apply.

Repealed 9-3-12.

61G5-29.013 Registration Renewal Procedures.

(1) All specialty registrations shall be valid for a period of two years or until the end of the biennial licensure renewal cycle in which they are first issued, whichever occurs first. The biennial licensure renewal cycle for all specialty registrations shall coincide with the biennial licensure renewal cycle used for the renewal of cosmetology licenses.

(2) At the time of registration renewal, all specialty registrants shall pay all applicable renewal fees and charges as provided in Chapter 61G5-24, F.A.C. Prior to the expiration of their specialty registration, all specialty registrants shall complete all continuing education requirements as set forth in Rule 61G5-32.001, F.A.C., including a Board approved HIV/AIDS training course as provided in Section 455.2228, F.S. All HIV/AIDS training courses shall comply with the requirements as set forth in Rule 61G5-18.011, F.A.C.

(3) Spouses of members of the Armed Forces of the United States are exempted from all registration renewal provisions, but only in cases of absence from the state because of their spouses’ duties with the Armed Forces.

CHAPTER 61G5-30 DISCIPLINARY GUIDELINES

61G5-30.001 Disciplinary Guidelines.

61G5-30.004 Citations.

61G5-30.005 Mediation.

61G5-30.006 Notice of Non Compliance.

61G5-30.001 Disciplinary Guidelines.

(1) The Board shall act in accordance with the following guidelines when it finds the enumerated violations in disciplinary cases. The Board shall impose a penalty within the range of each applicable disciplinary violation set forth below unless the Board finds an aggravating or mitigating circumstance, in which case the Board may deviate from the guideline penalty.

(2) VIOLATION	PENALTY RANGE
(a) Unlicensed cosmetology or specialty practice. (477.0265(1)(a) or 477.029(1)(a), F.S.)	For an individual who was never licensed, a fine of \$500. For a licensee or registrant who fails to properly renew, a fine of \$50 for every month or partial month during which the individual was unlicensed or unregistered, up to a maximum of \$500.
(b) Unlicensed Salon and Delinquent Salon License. (477.0265(1)(b)1. or 477.029(1)(b), F.S.)	For a salon which has never been licensed, or for which the salon license has expired, a fine of \$500. For a salon license which has become delinquent, a fine of \$50 for every month or partial month of delinquency during which the salon has operated, up to a total of \$500.

(2) VIOLATION	PENALTY RANGE
(c) Permitting a person without a license or registration, unless exempt, to perform cosmetology services or any specialty in a salon. (477.0265(1)(b)2., F.S.)	For a violation involving a person who was never licensed or registered in Florida, a fine of \$250 to \$500. For a violation involving a person who failed to properly renew or whose exemption has terminated, a fine of \$50 for every month or partial month during which the violation took place, up to \$500.
(d) Permitting an employee to practice cosmetology or a specialty without being duly licensed, registered, or otherwise authorized. (477.0265(1)(d) or 477.029(1)(c), F.S.)	For employing a person who was never licensed or registered in Florida, or who is not exempt, a fine of \$250 to \$500. For employing a person who failed to properly renew or whose exemption has terminated, a fine of \$50 for every month or partial month during which the person was employed, up to \$500.
(e) Obtain or attempt to obtain a license or registration for money, other than the required fee, or any other thing of value or by fraudulent misrepresentations. (Section 477.0265(1)(d), F.S.)	A fine of \$500 and denial or revocation of the license or registration
(f) Using or attempting to use a suspended or revoked cosmetology license or specialty registration to practice cosmetology or a specialty. (Section 477.0265(1)(c) or 477.029(1)(g), F.S.)	A fine of \$500 and suspension for one year of any license or registration issued pursuant to Chapter 477, F.S., or denial or revocation of license or registration.
(g) Advertising or implying that skin care services or body wrapping are related to massage therapy, except as allowed by statute. (Section 477.0265(1)(f), F.S.)	A fine of \$100 to \$200 for the first offense; a fine of \$500 for subsequent offenses.
(h) Use or possess a product containing a liquid nail monomer containing any trace of methyl methacrylate (MMA). (Section 477.0265(1)(g), F.S.)	A fine of \$500 for the first offense; a fine of \$500 and suspension with a reinspection of the premises prior to reinstatement of the license, or revocation for a subsequent offense.
(i) License or registration obtained by fraud or false or forged evidence. (Section 477.028(1)(a), 477.028(2)(a) or 477.029(e), F.S.)	A fine of \$500 and revocation of the salon license, cosmetology license, or specialty registration.
(j) Guilty of fraud, deceit, gross negligence, incompetency, or misconduct in practice or instruction of cosmetology or specialty, or in operation of the salon. (Section 477.028(1)(b) or 477.028(2)(b), F.S.)	A fine of \$200 to \$500 and suspension or revocation of the salon license, cosmetology license, or specialty registration.
(k) License or registration holder is guilty of aiding, assisting, procuring, or advising any unlicensed person to practice as a cosmetologist. (Section 477.028(1)(c), F.S.)	A fine of \$250 for the first offense. A fine of \$500 and revocation or suspension of salon license, cosmetology license, or specialty registration for a subsequent offense.
(l) Present license of another as his or her own license. (Section 477.029(1)(d), F.S.)	A fine of \$500 and a reprimand for the first offense. A fine of \$500 and refusal to certify for licensure for a subsequent offense.
(m) Impersonate any other licenseholder of like or different name. (Section 477.029(1)(f), F.S.)	A fine of \$500 and a 6 month suspension of any other license or registration held pursuant to Chapter 477, F.S.
(n) Violate or refuse to comply with: (477.029(1)(f), F.S.)	
1. Any provision of Chapter 455, F.S., or final order of the Board or the Department;	A fine of \$500 and suspension, revocation, or refusal to certify to the department for licensure.

(2) VIOLATION	PENALTY RANGE
2. Any provision of Chapter 477, F.S., or a rule of the Board or the Department except as otherwise provided;	A fine of \$100 to \$200 for the first violation. A fine of \$300 to \$500 for a subsequent violation. A fine of \$500 and suspension or revocation of license or registration for a refusal to comply.
3. Salon requirements subsections 61G5-20.002(3)-(7), F.A.C., relating to sanitation and safety; or	A fine of \$50 per violation for less than three violations. A fine of \$250 for three to four violations. A fine of \$500 for five or more violations, and suspension of the license with a reinspection prior to reinstatement of the license. A fine of \$250 for a salon operating without proper disinfection practices.
4. Display of documents Rule 61G5-20.004, F.A.C., relating to display of licenses and inspection sheets. (Section 477.029(1)(h)-(i), F.S.)	A fine of \$100 for each violation for the first offense. A fine of \$200 to \$300 for each subsequent offense.

(3) Based upon consideration of the following factors, the Board may impose disciplinary action other than the penalties recommended above:

- (a) The danger to the public;
 - (b) The length of time since date of violation;
 - (c) The number of complaints filed against the licensee;
 - (d) The length of time licensee or registrant has practiced;
 - (e) The actual damage, physical or otherwise, caused by the violation;
 - (f) The deterrent effect of the penalty imposed;
 - (g) The effect of the penalty upon the licensee's or registrant's livelihood;
 - (h) Any efforts for rehabilitation;
 - (i) The actual knowledge of the licensee or registrant pertaining to the violation;
 - (j) Attempts by licensee or registrant to correct or stop violations or refusal by licensee or registrant to correct or stop violations;
 - (k) Related violations against a licensee or registrant in another state including findings of guilt or innocence, penalties imposed and penalties served;
 - (l) Actual negligence of the licensee or registrant pertaining to any violations;
 - (m) Penalties imposed for related offenses under subsection (1) above;
 - (n) Any other mitigating or aggravating circumstances.
- (4) Penalties imposed by the Board pursuant to Rule 61G5-30.001, F.A.C., may be imposed in combination or individually but may not exceed the limitations enumerated below:
- (a) Issuance of a reprimand or censure.
 - (b) Imposition of an administrative fine not to exceed \$500 for each count or separate offense.
 - (c) Placement on probation for a period of time and subject to such reasonable conditions as the Board may specify.
 - (d) Revocation or suspension of any license or registration issued pursuant to Chapter 477, F.S.
 - (e) Refusal to certify to the Department an applicant for licensure or registration.

(5) The provisions of subsections (1) through (5) above shall not be construed so as to prohibit civil action or criminal prosecution as provided for in Section 477.0265(2) or Section 477.031, F.S., and the provisions of subsections (1) through (5) above shall not be construed so as to limit the ability of the Board to enter into binding stipulations with accused parties as per Section 120.57(3), F.S.

(6) In every case the Board imposes a monetary fine, it shall also suspend the Respondent's license(s). However, to enable the Respondent to pay the fine, the suspension shall be stayed for the time period specified in the Board's final order in accordance with Rule 61G5-17.016, F.A.C. If the fine is paid within that time period, the suspension shall not take effect; if the fine is not paid within that time period, then the stay shall expire and the suspension shall take effect. Thereafter, upon payment of the fine, the suspension shall be lifted.

61G5-30.004 Citations.

- (1) Definitions. As used in this rule;
 - (a) "Citation" means an instrument which meets the requirements set forth in Section 455.224, F.S., and which is served upon a subject for the purpose of assessing a penalty in an amount established by this rule;
 - (b) "Subject" means the licensee, applicant, person, partnership, corporation, or other entity alleged to have committed a violation designated in this rule.
- (2) In lieu of the disciplinary procedures contained in Section 455.225, F.S., the Department is hereby authorized to dispose of any violation designated herein by issuing a citation to the subject within six months after the filing of the complaint which is the basis for the citation.
- (3) Citations shall be issued for the first offense violations only.
- (4) The Board hereby designates the following as citation violations, which shall result in a penalty of fifty dollars (\$50.00):
 - (a) Except as otherwise provided herein, any violation of the safety, sanitary, or other salon requirements specified in Rule 61G5-20.002, F.A.C. – however, if it is an initial offense and

there are no other violations, then the subject shall be given a Notice of Noncompliance;

(b) Practicing cosmetology or a specialty with an inactive or expired license for one month or part of a month;

(c) Operating a salon with a delinquent license for one month or part of a month;

(d) Employing a person to practice cosmetology or a specialty with an inactive or expired license for one month or part of a month.

(e) Unless otherwise permitted in Chapter 477, F.S., performing cosmetology services in a salon which does not have a license in violation of Section 477.0263(1), F.S.

(5) The Board hereby designates the following as citation violations, which shall result in a penalty of one hundred dollars (\$100.00):

(a) Transferring ownership or changing location of a salon without the approval of the Department pursuant to Rule 61G5-20.006, F.A.C., provided the transfer of ownership or change of location has not exceeded 90 days and the salon owner can provide proof that a completed application has been filed with the Department;

(b) Practicing cosmetology or a specialty with an inactive or expired license for more than one month but not more than two months;

(c) Operating a salon with a delinquent license for more than one month but not more than two months;

(d) Employing a person to practice cosmetology or a specialty with an inactive or expired license for more than one month but not more than two months;

(e) Two violations of the safety, sanitary, or other salon requirements specified in Rule 61G5-20.002, F.A.C.

(6) The Board hereby designates the following as citation violations, which shall result in a penalty of one hundred and fifty dollars (\$150.00):

(a) Practicing cosmetology or a specialty with an inactive or expired license for more than two months but not more than three months;

(b) Operating a salon with a delinquent license for more than two months but not more than three months;

(c) Employing a person to practice cosmetology or a specialty with an inactive or expired license for more than two months but not more than three months.

(7) The Board hereby designates the following as citation violations, which shall result in a penalty of two hundred dollars (\$200.00):

(a) Practicing cosmetology or a specialty with an inactive or expired license for more than three months but not more than four months;

(b) Operating a salon with a delinquent license for more than three months but not more than four months;

(c) Employing a person to practice cosmetology or a specialty with an inactive or expired license for more than three months but not more than four months;

(8) The Board hereby designates the following as citation violations, which shall result in a penalty of two hundred and fifty dollars (\$250.00):

(a) Operating a salon without disinfecting solutions as required by paragraph 61G5-20.002(3)(d), F.A.C.;

(b) Three violations of the safety, sanitary, or other salon requirements specified in Rule 61G5-20.002, F.A.C.;

(c) Practicing cosmetology or a specialty with an inactive or expired license for more than four months but not more than five months;

(d) Operating a salon with a delinquent license for more than four months but not more than five months; and

(e) Employing a person to practice cosmetology or a specialty with an inactive or expired license for more than four months but not more than five months.

(9) The Board hereby designates the following as citation violations, which shall result in a penalty of three hundred dollars (\$300.00):

(a) Practicing cosmetology or a specialty with an inactive or expired license for more than five months but not more than six months;

(b) Operating a salon with a delinquent license for more than five months but not more than six months;

(c) Employing a person to practice cosmetology or a specialty with an inactive or expired license for more than five months but not more than six months; and

(d) Four violations of the safety, sanitary, or other salon requirements specified in Rule 61G5-20.002, F.A.C.

(10) The Board hereby designates the following as citation violations, which shall result in a penalty of three hundred and fifty dollars (\$350.00):

(a) Practicing cosmetology or a specialty with an inactive or expired license for more than six months but not more than seven months;

(b) Operating a salon with a delinquent license for more than six months but not more than seven months; and

(c) Employing a person to practice cosmetology or a specialty with an inactive or expired license for more than six months but not more than seven months.

(11) The Board hereby designates the following as citation violations, which shall result in a penalty of four hundred dollars (\$400.00):

(a) Practicing cosmetology or a specialty with an inactive or expired license for more than seven months but not more than eight months;

(b) Operating a salon with a delinquent license for more than seven months but not more than eight months; and

(c) Employing a person to practice cosmetology or a specialty with an inactive or expired license for more than seven months but not more than eight months.

(12) The Board hereby designates the following as citation violations, which shall result in a penalty of four hundred and fifty dollars (\$450.00):

(a) Practicing cosmetology or a specialty with an inactive or expired license for more than eight months but not more than nine months;

(b) Operating a salon with a delinquent license for more than eight months but not more than nine months; and

(c) Employing a person to practice cosmetology or a specialty with an inactive or expired license for more than eight months but not more than nine months.

(13) The Board hereby designates the following as citation violations, which shall result in a penalty of five hundred dollars (\$500.00):

(a) Practicing cosmetology or a specialty without a license;

(b) Operating a salon without a license;

(c) Employing a person to practice cosmetology or a specialty

without a license;

- (d) Practicing cosmetology or a specialty with an inactive or expired license for more than nine months but not more than twelve months;
- (e) Operating a salon with a delinquent license for more than nine months but not more than twelve months; and
- (f) Employing a person to practice cosmetology or a specialty with an inactive or expired license for more than nine months but not more than twelve months.

61G5-30.005 Mediation.

- (1) "Mediation" means a process whereby a mediator appointed by the department acts to encourage and facilitate resolution of a legally sufficient complaint. It is an informal and nonadversarial process with the objective of assisting the parties to reach a mutually acceptable agreement.
- (2) The Board finds that mediation is an acceptable method of dispute resolution for the following violations as they are economic in nature or can be remedied by the licensee:
 - (a) Failure of the licensee to timely pay any assessed administrative fines or costs;
 - (b) Failure of the licensee to timely respond to a continuing education audit;
 - (c) Failure to submit change of address for a salon; and
 - (d) Failure to timely notify the department of the licensee's or registrant's change of mailing address or place of practice.
- (3) A "mediator" means a person who is certified in mediation by the Florida Bar, the Florida Supreme Court, or the Division of Administrative Hearings.

61G5-30.006 Notice of Non Compliance.

- (1) In accordance with Section 455.225(3), F.S., when a complaint is received, the agency may provide a licensee with a notice of non compliance for an initial offense of a minor violation. Failure of a licensee to take action in correcting the violation within 15 days after notice may result in the institution of regular disciplinary proceedings. "Minor violations" as used in Section 455.225(3), F.S., are defined as follows:
 - (a) Violations of Rule 61G5-20.004, F.A.C.
 - (b) Violations of subsection 61G5-18.011(1), F.A.C., in failing to maintain a copy of his or her certificate of course completion in instruction on Human Immunodeficiency Virus and Acquired Immune Deficiency Syndrome.
 - (c) Violations of paragraph 61G5-20.008(2)(a), F.A.C., in failing to retain copies of an employee's high school diploma or G.E.D. equivalency certificate and cosmetology school diploma or certificate of completion.
 - (d) An initial offense and no other violations of Rule 61G5-20.002, F.A.C.
- (2) In accordance with Section 120.695, F.S., the agency shall issue a notice of non compliance as first enforcement action against a licensee for a minor violation of a rule. Pursuant to Section 120.695(2)(b), F.S., the Board designates the following rules for which a violation would be a minor violation of a rule for which a notice of non compliance is issued:
 - (a) Violations of Rule 61G5-20.004, F.A.C.
 - (b) Violations of subsection 61G5-18.011(1), F.A.C., in failing to maintain a copy of his or her certificate of course

completion in instruction on Human Immunodeficiency Virus and Acquired Immune Deficiency Syndrome.

- (c) Violations of paragraph 61G5-20.008(2)(a), F.A.C., in failing to retain copies of an employee's high school diploma or GED equivalency certificate and cosmetology school diploma or certificate of completion.
- (d) An initial offense and no other violations of Rule 61G5-20.002, F.A.C.

CHAPTER 61G5-32 CONTINUING EDUCATION.

61G5-32.001 Continuing Education.

- (1) Prior to the expiration of each biennial licensure period, and as a condition for renewal of their cosmetology license or specialty registration, all licensed cosmetologists and registered specialists shall complete a minimum of sixteen (16) hours of continuing education which shall include, at a minimum, all of the following subjects as they relate to the practice of cosmetology:
 - (a) A minimum of two (2) hours of instruction regarding HIV/AIDS and other communicable diseases which shall consist of:
 - 1. Education on the modes of transmission, infection control procedures, clinical management, and prevention of HIV and AIDS; and
 - 2. Discussion of attitudes towards HIV and AIDS as well as appropriate behavior in dealing with persons who may have the virus or syndrome.
 - (b) A minimum of three (3) hours of instruction regarding sanitation and sterilization which shall consist of instruction regarding:
 - 1. Standard cleaning and disinfecting precautions, including;
 - 2. How to distinguish between disinfectants and antiseptics,
 - 3. How to sanitize hands and disinfect tools used in the practice of cosmetology; and
 - 4. Bacterial, viral, and fungal, bloodborne pathogens and parasites, and infection and infestation control.
 - (c) A minimum of one (1) hour of instruction regarding Occupational Safety and Health Administration regulations.
 - (d) A minimum of one (1) hour of instruction regarding issues of workers' compensation as they pertain to Florida law.
 - (e) A minimum of two (2) hours of instruction regarding state and federal laws and rules as they pertain to cosmetologists, cosmetology, salons, specialists, specialty salons, and booth renters; specifically including but not limited to Chapter 477, F.S., and the Rules of the Board. At a minimum this instruction shall include the following:
 - 1. The laws and rules of the Board that protect the health, safety, and welfare of the consumer;
 - 2. The laws and rules of the Board that determine where and when individuals may legally practice cosmetology and specialties;
 - 3. The functions of the Board of Cosmetology, how its members are appointed, and their duties;
 - 4. The laws and rules of the Board which specify prohibited conduct, and the penalties for failure to follow the laws and rules;
 - 5. Salon requirements and inspections; and
 - 6. The dates, fees, and requirements for renewal of cosmetology licenses, salon licenses, and specialty

registrations.

(f) A minimum of two (2) hours of instruction regarding chemical makeup as it pertains to hair, skin, and nails.

(g) A minimum of one (1) hour of instruction regarding environmental issues.

(h) A minimum of four (4) hours of continuing education to be composed of additional instruction in any of the subjects set forth above or such other subject or subjects as the licensee may choose provided that the subject or subjects chosen relate to the practice of cosmetology and serve to ensure the protection of the public; and, provided that the course in which such subjects are taught has been approved by the Board prior to its being taught for continuing education purposes, and provided the licensee or registrant has not previously taken the course during the current licensure period.

(2) Home study courses, video courses, and courses which are given at cosmetology conferences may be counted toward the required hours of continuing education provided that, prior to their being taught, they have been approved by the Board as including instruction in subjects as set forth by this rule and as complying with all other requirements as set forth in this rule.

(3) All continuing education home study courses shall include a written post-course examination which must be graded by the course provider. Post-course examinations may be open-book examinations. In order to receive continuing education credit for the course, licensees or registrants must achieve a 75% passing score on all post-course examinations.

(4) All licensees and registrants who successfully complete a continuing education course shall be provided with a certificate of completion by the provider of the continuing education course which shall indicate the provider's name and provider number, the course title and course number, the licensee's or registrant's name and license or registration number, the date the course was completed, and the total number of hours successfully completed in each subject covered by the continuing education course. All licensees and registrants shall retain the certificate of completion for all continuing education courses successfully completed by the licensee or registrant for a period of not less than three (3) years following the first license or registration renewal following the completion of the course.

(5) Licensees holding two or more licenses subject to the HIV/AIDS education course requirement shall present all license numbers to the provider of such course.

FLORIDA ADMINISTRATIVE CODE CHAPTER 61 Departmental

DEPARTMENT OF BUSINESS AND PROFESSIONAL REGULATION

The following are selected excerpts of rules of the Department of Business and Professional Regulation (DBPR) that directly affect the practice of licensees regulated by the laws and rules in this booklet. These are being provided for your convenience; however, the exclusion of the remaining sections of Chapter 61, Florida Administrative Code cannot

be construed to mean that they do not affect a licensee directly or indirectly. Chapter 61, F.A.C., is the governing rules of DBPR. A complete copy of Chapter 61, F.A.C., is available on the Internet at www.myflorida.com,

61-6.002 Delinquent Status.

(1) Any license renewal application except for a license described in Rule 61-6.006, Florida Administrative Code, which for any reason is not submitted in a timely and complete manner shall revert to delinquent status.

(2) Each application for renewal shall be considered timely filed if the application has been postmarked by the post officer prior to midnight on the date of expiration of the license or has been delivered by the close of business on the date of expiration of the license. If that date falls on a Saturday, Sunday, or legal holiday, the day of expiration shall be the first working day after the expiration date on the license. In order to be complete, the application must have all appropriate spaces filled, be signed by the licensee and include a money order or a sufficiently funded check in the correct amount. Any renewal which does not comply with the above conditions shall become delinquent.

61-6.003 Inactive Status.

A licensee may choose inactive status by filing with the department a written notice, which may be indicated on the renewal form, accompanied by the appropriate fee. Such notice and fee must be received in accordance with subsection 61-6.002(2), Florida Administrative Code, to be timely.

61-6.004 Reactivation.

(1) A delinquent status licensee may apply for active or inactive status any time during the biennial licensure cycle. As defined by rule of the board, or the Department when there is no board, a complete application, the renewal fee, and a delinquent fee shall be required. The license of a delinquent licensee that does not achieve active or inactive status before the end of the current biennial licensure period shall be null, and subsequent licensure will require meeting all the requirements for initial licensure.

(2) A licensee who has inactive status may reactivate at any time by notifying the Department of his/her desire to do so, completing the appropriate form(s), and by paying the current required fees set by appropriate rule, and meeting any other conditions imposed by the board, or Department when there is no board, as required in Section 455.271, F.S.

61-6.005 Licensee's Obligation.

It shall be the duty of licensees, active and inactive, to keep the Department informed of any information, which the Department requires, including but not limited to his/her current mailing address.

61-6.021 Licensee Name Change.

(1) Licensees shall direct their requests for name changes on the master file of the Department to the board office of their profession or to the Bureau of Licensure, 1940 North Monroe Street, Tallahassee, Florida 32399-2205.

(2) Name change requests shall be in writing and shall be documented. An original, a certified copy, a duplicate copy of

an original or a duplicate of a certified copy of an original document which shows the legal name change shall be accepted unless the Department has a question about the authenticity of the document raised on its face, or because the genuineness of the document is uncertain, or because of another matter related to the application.

(3) Documents acceptable by the Department for request of a license name change include a marriage license, a court order (e.g., adoption, divorce decree, name change, or federal identity change), a certificate of status, or a certificate of

authorization.

(4) Documents unacceptable for a request of a license name change include all documentation other than those listed above.

2 – Law and Rules Learning Assessment

11. A specialty salon offering only one of the regulated specialties must have a minimum of 100 square feet of floor space.
True False
12. It is unlawful to practice or attempt to practice cosmetology on a suspended license.
True False
13. An applicant who has received a certificate of completion in facials (skin care & hair removal) shall be registered as a specialist in that field.
True False
14. The Department of Business and Professional Regulations can inspect salons to determine if all requirements have been met.
True False
15. Five of the seven members on the Board of Cosmetology must have been licensed cosmetologists for at least 5 years.
True False
16. "Salon" means a place of business where cosmetology is practiced.
True False

COURSE -3

Workers' Compensation

(Two Credit Hours)

Course Outline:

Course Learning Objectives
Course Overview:
Florida Workers' Compensation Program
Workers' Compensation History
Florida Workers' Compensation System
Tort reform and Florida workers compensation
Employee Facts
Important Workers' Compensation Information
Medical Benefits
Wage Replacement Benefits
Anti-Fraud Reward Program
Employee Assistance Office
Insurer Responsibilities
Statute of Limitations
Petition for Benefit
Injured Worker Responsibilities
Legal Representation
Return to Work
Commonly Asked Questions and Answers

The 2014 Florida Statutes

CHAPTER 440 WORKERS' COMPENSATION

440.015 Legislative intent.

440.055 Notice requirements.

440.09 Coverage.

440.101 Legislative intent; drug-free workplaces

440.102 Drug-free workplace program requirements

440.205 Coercion of employees.

Workers' Compensation Course Learning Assessment

Course Learning Objectives:

The purpose of this course and the outcome expected is for participants to:

- Learn the History of workers' compensation
- Gain a basic knowledge workers' compensation vocabulary
- Learn about changes in Florida workers' compensation
- Review important workers compensation information
- Review commonly asked questions and the answers regarding Workers' Compensation
- Understand the differences between Employees and Independent Contractors
- Know the Florida law governing workers compensation that may affect you.
- Know about the drug-free workplace program and how it works

Course Overview: This course looks at the Florida law governing workers' compensation. Covered in this course is a section on the history of worker's compensation, important definitions used in worker's compensation law and the laws relevant to the beauty industry. Commonly asked questions and answers are reviewed, as well as a review on important information regarding worker's compensation rules and responsibilities. Information concerning the drug-free workplace program is highlighted in this section along with the Florida laws governing workers' compensation laws. Included are: legislative intent, application, notice requirements, failure to secure compensation, coverage, notice of injury or death, reports, penalties for violations, coercion of employees, application for coverage, reporting payroll, payroll audit procedures, and penalties. Also reviewed here is how tort reform has affected workers compensation in Florida. The information provided was taken directly from The 2014 Florida Statutes Chapter 440 Workers' Compensation, and is updated as the laws change. In this course

Florida Workers' Compensation Program

Workers' compensation programs provide benefits to workers who are injured on the job or who contract a work-related illness. Benefits include cash payments designed to replace a portion of lost wages for time spent away from work, in addition to payments for medical care associated with work-related illness or injury. Workers' Compensation law was enacted to aid in the protection of employees on the job as well as the family unit should the employee die from a work related accident or illness. The full F.S. Chapter 440 of the law governing workers' compensation is so large we have consolidated the information to what will help you most in your specific area of employment. As with any questions about legal matters, you should always seek proper legal council. The following contains sections of the law, which have more connectivity to the beauty industry. These are but sections of a larger chapter. Should you become affected you should refer to the entire chapter and seek legal council.

Workers' Compensation History

The need for a fair and equitable system of workers' compensation evolved out of the industrial revolution. As economic and industrial activities flourished, the number of work injuries also grew. The increasing use of machinery, new concepts of producing goods, and the pressure of increased demand for products resulted in more injury problems without solutions for employers and employees. For the most part, workers who were injured on the job had no recourse other than to sue their employers at common law, an expensive and time-

consuming process. The court system was crowded, causing long delays. Compensation for injuries was usually insufficient and uncertain. The employee sometimes was forced to bear the expense of injury himself or had to throw himself on the mercy of welfare.

This problem was first addressed in Europe during the 1800s, and by the turn of the century the movement had spread to the United States and Canada. Laws were enacted to provide workers injured on the job with prompt, equitable, and guaranteed benefits. Injured workers received medical care and disability income irrespective of fault. Employers, in turn, were protected from potentially catastrophic loss by a stated amount of specific benefits for the injuries suffered by the employee. The worker was prohibited from filing suit while the employer was obligated to pay the mandated benefits. Only a few large employers had sufficient resources to guarantee injured employees these mandated benefits without endangering solvency. Therefore, the vast majority of employers purchased insurance protection against these liabilities. Insurance was a necessity to stabilize the increasing mechanization of the business community. By 1920, all but seven states had enacted workers' compensation laws. Today, each of the 50 states and the District of Columbia has its own program.

Florida Workers' Compensation System

The Florida Workers' Compensation Program was enacted to insure that workers injured as a result of their employment receive prompt medical and disability benefits and to assist in the successful rehabilitation of the employee so that they may return work. Funds for this system can come from either: 1.) the purchase of private insurance by the employer or 2.) the employer chooses to be "self insured". In the case of self-insurance, the employer must be able to demonstrate to the State the ability to pay for any compensation claims that may occur. To insure that a self-insured employer will pay claims, the State may require the employer to purchase a bond or set aside some other form of security that will cover any possible claims. The amount of bond or security is set by the Division of Workers' Compensation. This is the state agency charged with administering the workers' compensation program.

Workers' Compensation Changes and Tort Reform

In 2002, according to the National Council on Compensation Insurance, Florida had the highest workers' compensation premium rates of any state. Costs for employers, both the self insured and those that bought coverage, were rising much faster than either medical costs or wages.

In 2003, Florida passed tort reform to tackle the issue of excessive litigation in workers' compensation cases. The reform law also aimed to contain medical costs for injured workers, which were higher than group health insurance costs for similar injuries.

The New Law Limits Attorneys Fees

The new law limits attorney's fees by requiring attorneys in most cases to base their fees on the value of benefits they secured for their clients. Most of the savings under the reforms were due to less attorney involvement in permanent partial disability claims.

These claims often involve injuries that are difficult to diagnose and treat. Litigation in these cases is expensive and can take years, during which workers are generally not employed. By 2009, Florida workers' comp rates were among the lowest in the country for similar occupations. The time required to resolve claims fell significantly, whether or not attorneys were involved. This reduced overall costs and it also reduced the average time before workers returned to gainful employment.

Limiting Medical Costs

Although limits on attorney fees were responsible for most of the savings in Florida, the reforms also included controls on treatment that slowed the rise in medical costs. Before the reforms, for example, an injured worker could get second opinions from a variety of specialists. The reforms limited them to one independent specialist. As a result of the changes, over the 2003 to 2008 period, medical costs in Florida's workers' comp system increased by less than a quarter (22.4 percent). In the other Gulf States, medical costs increased by nearly one-third (31.6 percent).

Employee Facts

Important Workers' Compensation Information

If you are injured because of a work-related accident, your employer's workers' compensation coverage provides medical and partial wage replacement benefits that you may be entitled to.

Medical Benefits

As soon as your carrier knows about your work-related injury, the carrier will:

- Determine the compensability of your injury
- Provide an authorized doctor
- Pay for all authorized medically necessary care and treatment related to your injury

Authorized treatment and care may include:

- Doctor's visits • Hospitalization
- Physical therapy • Medical tests
- Prescription drugs • Prostheses
- Travel expenses to and from your authorized doctor.

Once you reach maximum medical improvement (MMI), you are required to pay a \$10 co-payment per visit for medical treatment. MMI occurs when the physician treating you determines that your injury has healed to the extent that further improvement is not likely.

Wage Replacement Benefits

Your workers' compensation benefits for lost wages will start on the eighth day that you are unable to work. You will not receive wage replacement benefits for the first 7 days of work missed, unless you are out of work for more than 21 days due to your work-related injury in most cases, the wage replacement benefits will equal two-thirds of your pre-injury regular weekly wage, but the benefit will not be higher than Florida's average weekly wage.

If you qualify for wage replacement benefits, you can generally expect to receive your first benefit check within 21 days after the carrier becomes aware of the injury, and bi-weekly thereafter.

You will be eligible for different types of wage replacement benefits, depending on the progress of the claim and the severity of the injury.

- **Temporary Total Benefits:** These benefits are provided because of an injury that temporarily prevents you from returning to work, and you have not reached MMI.

- **Temporary Partial Benefits:** These benefits are provided when the doctor releases you to return to work and you have not reached MMI and earn less than 80% of your pre-injury wage. The benefit is equal to 80% of the difference between 80% of your pre-injury wage and your post-injury wage.

- The maximum length of time you can receive temporary benefits is 104 weeks or until the date of MMI is determined, whichever is earlier.

- **Permanent Impairment Benefits:** These benefits are provided when the injury causes any physical, psychological or functional loss and the impairment exists after the date of MMI. A doctor will assign a permanent impairment rating, expressed as a percentage, to the injury.

- If you return to work at or above your pre-injury wage, the permanent impairment benefit is reduced by 50%.

- **Permanent Total Benefits:** These benefits are provided when the injury causes you to be permanently and totally disabled according to the conditions stated in the law.

- **Death Benefits:** The maximum benefit is \$150,000 for any death resulting from a work place accident.

- The rate, amount, and the duration of compensation for all wage replacement benefits are detailed in the workers' compensation law.

If you have any questions about your benefits first you should call your claims adjuster or the Employee Assistance Office at 1-800-342-1741.

Employee Assistance Office

The Division of Workers' Compensation, Employee Assistance Office (EAO) helps prevent and resolve disputes between injured workers and employers/carriers. If the insurance carrier does not provide the benefits to which you believe you are entitled, you can call the EAO toll-free hotline at 1-800-342-1741. EAO specialists are knowledgeable about the workers' compensation system and may be able to address your concerns. The EAO has offices located throughout the state that you can call or visit. You can access the EAO statewide map at http://www.fldfs.com/WC/dist_offices.html. In addition, the Division of Workers' Compensation has a website section on "Frequently Asked Questions for Injured Employees," which can be accessed at, <http://www.fldfs.com/WC/faq/faqwrkrs.html>.

Insurer Responsibilities

- Timely provision of medical treatment
- Timely payment of wage replacement benefits

- Timely payment of medical bills
- Timely reporting of your claim information to the Division of Workers' Compensation

Statute of Limitations

Once you are injured at work or become aware of a workers' compensation injury, you have 30 days in which to report your injury to your employer. Generally, you have two years from the date of your injury to file a claim. Failure to report your injury within 30 days may be used as a defense against your claim regardless of the two-year statute of limitations for filing a claim. Your eligibility for benefits may also be eliminated one year from the date you last received a wage replacement check or an approved medical care/treatment.

Petition for Benefit

To begin the judicial procedure for obtaining benefits that are due and owing under the law and have not been provided by the employer or insurance carrier, a Petition for Benefits form must be filed with the Office of Judges of Compensation Claims. The form can be accessed at <http://www.jcc.state.fl.us/jcc/forms.cfm>.

Injured Worker Responsibilities

- Contact your supervisor/employer immediately to notify them of your on-the-job injury.
- Provide the insurance carrier with your personal signature verifying that you have reviewed and understand the mandatory fraud statement. Your benefits shall be suspended if you refuse to provide your signature.
- Report any wages (from all employment) earned to the insurance carrier.
- Keep in communication with the claims adjuster.
- Complete and return forms to the insurance carrier when asked.
- Keep your appointments with your authorized doctor.
- Follow your doctor's treatment plan.
- Notify the insurance carrier of any changes to your address.

Legal Representation

You are not required to have an attorney. If you do hire an attorney to represent you with your workers' compensation claim, the fees and costs may come out of your benefits, unless your employer or workers' compensation carrier is held responsible for paying your attorney fees.

Although the Division does not provide legal advice, the Division will answer questions about your rights and responsibilities and may be able to resolve problems you may have with your workers' compensation claim. This help is free and available by contacting the Employee Assistance Office at 1-800-342-1741

Return to Work

If you are unable to perform the skills required for your former job as a result of your work related injury, you can contact the Department of Education, Division of Vocational Rehabilitation at 850-488-3431 for free re-employment services.

Injured Worker Frequently Asked Questions

Q: How long after an accident do I have to report it to my employer?

You should report it as soon as possible but no later than thirty (30) days or your claim may be denied.

•Reference: Section 440.185, Florida Statutes

Q: When should my employer report the injury to their insurance company?

Your employer should report the injury as soon as possible, but no later than seven (7) days after their knowledge. The insurance company must send you an informational brochure within three (3) days after receiving notice from your employer. The brochure will explain your rights and responsibilities, as well as provide additional information about the workers' compensation law. A copy of the brochure can be viewed on this website under "Publications".

•Reference: Section 440.185, Florida Statutes

Q: My employer will not report my injury to the insurance company. What can I do?

You have the right to report the injury to their insurance company. However, if you need assistance, contact the Employee Assistance Office (EAO) at (800) 342-1741 or e-mail wceao@myfloridacfo.com

•Reference: Section 440.185, Florida Statutes

Q: What kind of medical treatment can I get?

The medical provider, authorized by your employer or the insurance company, will provide the necessary medical care, treatment and prescriptions related to your injury.

•Reference: Section 440.13(2), Florida Statutes

Q: Do I have to pay any of my medical bills?

No, all authorized medical bills should be submitted by the medical provider to your employer's insurance company for payment.

•Reference: Section 440.13(14), Florida Statutes

Q: Will I be paid if I lose time from work?

Under Florida law, you are not paid for the first seven days of disability. However, if you lose time because your disability extends to over 21 days, you may be paid for the first seven days by the insurance company.

•Reference: Section 440.12, Florida Statutes

Q: How much will I be paid?

In most cases, your benefit check, which is paid bi-weekly, will be 66 2/3 percent of your average weekly wage. If you were injured before October 1, 2003, this amount is calculated by using wages earned during the 91-day period immediately preceding the date of your injury, not to exceed the state limit. If you worked less than 90% of the 91 day period, the wages of a similar employee in the same employment who has worked the whole of the 91-day period or your full-time weekly wage may be used. If you were injured on or after October 1, 2003, your average weekly wage is calculated using wages earned 13 weeks

prior to your injury, not counting the week in which you were injured.

In addition, if you worked less than 75% of the 13 week period, a similar employee in the same employment who has worked 75% of the 13-week period or your full time weekly wage shall be used.

•Reference: Section 440.02(28) & 440.14, Florida Statutes

Q: Do I have to pay income tax on this money?

No. However, if you go back to work on light or limited duty and are still under the care of the authorized doctor, you will pay taxes on any wages earned while working. For additional information on Income Tax, you may want to visit the Internal Revenue Service website at: www.irs.gov

Q: When will I get my first check?

You should receive the first check within 21 days after reporting your injury to your employer.

•Reference: Section 440.20, Florida Statutes

Q: If I'm only temporarily disabled, how long can I get these checks?

You can receive Temporary Total, Temporary Partial Disability payments or a combination of the two benefits during the continuance of your disability for no more than a maximum of 104 weeks.

•Reference: Section 440.15(2), Florida Statutes

Q: Can I receive social security benefits and workers' compensation benefits at the same time?

Yes. However an offset, or reduction in your workers' compensation check may be applied because the law states that the two combined may not exceed 80 percent of your average weekly wage earned prior to your injury. For further information on Social Security, you may contact the Social Security Administration at (800) 772-1213 or visit their website at www.ssa.gov.

•Reference: Section 440.15(9), Florida Statutes

Q: Can I receive Reemployment Assistance and workers' compensation benefits at the same time?

No, not if you are receiving temporary total or permanent total disability benefits as you must be medically able and available for work to qualify for unemployment. For additional information on Reemployment Assistance, you may want to utilize the Reemployment Assistance website at: www.floridajobs.org.

•Reference: Section 440.15(10), Florida Statutes

Q: What can I do if I am not receiving my benefit check?

Call the insurance company and ask for the adjuster or claims representative. If you still have questions and don't understand why the checks have stopped, call the EAO at (800) 342-1741 or e-mail wceao@myfloridacfo.com.

•Reference: Section 440.14, Florida Statutes

Q: If I am unable to return to work until my doctor releases me, does my employer have to hold my job for me?

No, there is no provision in the law that requires your employer to hold the job open for you.

Q: Can my employer fire me if I am unable to work because of an injury and am receiving workers' compensation benefits?

A: No, it is against the law to fire you because you have filed or attempted to file a workers' compensation claim.

•Reference: Section 440.205, Florida Statutes

Q: If I am unable to return to the type of work I did before I was injured, what can I do?

A: If eligible, the law provides, at no cost to you, reemployment services to help you return to work. Services may include vocational counseling, transferable skills analysis, job-seeking skills, job placement, on-the-job training, and formal retraining. To find out more about this program, you may contact the Department of Financial Services, Division of Workers' Compensation, Bureau of Employee Assistance and Ombudsman Office (EAO) at (800) 342-1741 option 4 or by e-mail to wres@myfloridacfo.com.

•Reference: Section 440.491, Florida Statutes

Q: My employer and the insurance company have denied my claim for workers' compensation benefits. Do I need legal representation to get my benefits? What should I do?

A: It is your decision whether or not to hire an attorney. However, the EAO can assist you and attempt to resolve the dispute. If unable to resolve, the EAO can further assist you in completing and filing a Petition for Benefits. This service is provided at no cost to you. For assistance call: (800) 342-1741 or e-mail wceao@myfloridacfo.com. For the location of the nearest EAO, see District Offices.

•Reference: Section 440.191 & 440.192, Florida Statutes

Q: What is the time limit for filing a Petition for Benefits?

A: In general, there is a two (2) year period to file a Petition. However, it depends on the type of issue in dispute. You may call the EAO at (800) 342-1741 or e-mail wceao@myfloridacfo.com for specific information.

•Reference: Section 440.19(1), Florida Statutes

Q: Is there a period of time after which my claim is no longer open?

A: If you were injured on or after January 1, 1994, the claim is closed one (1) year from the date of your last medical treatment or payment of compensation. This period of time is referred to as the Statute of Limitations. If you were injured before January 1, 1994, the period is two (2) years.

•Reference: Section 440.19(2), Florida Statutes

Q: Can I get a settlement from my claim?

A: Settlements may be made under certain circumstances and are voluntary; not automatic or mandatory.

•Reference: Section 440.20 (11)(a)(b)(c), Florida Statutes

Q: If I settle my claim for medical benefits with the insurance company and my condition gets worse later, who pays for my future medical care, surgeries, etc?

A: You are responsible for your future medical needs after your claim for medical benefits is settled.

Q: What can I do when it is difficult to get a prescription filled or I am having problems with the pharmacy where I get my workers' compensation medication?

A: In Florida, an injured worker has the right to select a pharmacy or pharmacist. Florida law prohibits interference with your right to choose a pharmacy or pharmacist. However, a pharmacy is not required to participate in the workers' compensation program. If at any time, **you become dissatisfied with your pharmacy or pharmacist's services**, you can seek another pharmacy to fill your prescriptions.

•Reference: Section 440.13 (3)(j), Florida Statutes

Q: I am one of the individuals covered by s. 119.071 (4) (d), Florida Statutes who is eligible to have my "personal information" exempt from a public record release. If I am injured on the job, and my First Report of Injury or Illness is reported to your office, will your agency automatically withhold my personal information from a public record request?

A: No. -- The "personal information" in s. 119.071 (4)(d), F.S. is defined as your address, telephone number, photograph, and social security number. Although photographs are not collected by our office, your social security number will always be redacted from any public record request pursuant to s. 119.071 (5) 5., F.S.. However, s. 119.071 (4) (d) 2., F.S., requires you or your employer to formally write to the custodial agency that is in possession of your personal information in order to claim the exempt status. Our office accepts emails, faxes or written correspondence when claiming the personal information exempt status. You must provide your occupation (title or description), name of employer, and date of injury associated with any Florida workers' compensation claim you filed, if applicable. You must also provide your date of birth and the last 4 digits ONLY of your social security number in order for us to establish accurate confidential record information. To request exemption of personal information maintained by our Division, you should email, fax or write to the following:

Division of Workers' Compensation
Bureau of Data Quality and Collection
ATTN: Records Privacy Section
200 E. Gaines Street
Tallahassee, FL 32399-4226
dwcrecordsprivacy@myfloridacfo.com
Fax: 850-488-3453

If you have a question and it was not answered in the above section, please contact the Employee Assistance Office at (800) 342-1741, or by e-mail: wceao@fldfs.com

The 2014 Florida Statutes

CHAPTER 440 WORKERS' COMPENSATION

The following definitions are excerpts taken from Chapter 440 of the Florida Statutes and are designed to assist in understanding key terms used in the Florida Workers' Compensation Act. The rules selected for this course were made based on relevancy to workers' compensation to beauty professionals. To see the entire chapter of Florida Statutes for workers' compensation you can find it at www.leg.state.fl.us

440.015 Legislative intent.

It is the intent of the Legislature that the Workers' Compensation Law be interpreted so as to assure the quick and efficient delivery of disability and medical benefits to an injured worker and to facilitate the worker's return to gainful reemployment at a reasonable cost to the employer. It is the specific intent of the Legislature that workers' compensation cases shall be decided on their merits. The workers' compensation system in Florida is based on a mutual renunciation of common-law rights and defenses by employers and employees alike. In addition, it is the intent of the Legislature that the facts in a workers' compensation case are not to be interpreted liberally in favor of either the rights of the injured worker or the rights of the employer. Additionally, the Legislature hereby declares that disputes concerning the facts in workers' compensation cases are not to be given a broad liberal construction in favor of the employee on the one hand or of the employer on the other hand, and the laws pertaining to workers' compensation are to be construed in accordance with the basic principles of statutory construction and not liberally in favor of either employee or employer. It is the intent of the Legislature to ensure the prompt delivery of benefits to the injured worker. Therefore, an efficient and self-executing system must be created which is not an economic or administrative burden. The department, agency, the Office of Insurance Regulation, and the Division of Administrative Hearings shall administer the Workers' Compensation Law in a manner which facilitates the self-execution of the system and the process of ensuring a prompt and cost-effective delivery of payments.

440.055 Notice requirements.—An employer who employs fewer than four employees, who is permitted by law to elect not to secure payment of compensation under this chapter, and who elects not to do so shall post clear written notice in a conspicuous location at each worksite directed to all employees and other persons performing services at the worksite of their lack of entitlement to benefits under this chapter..

440.09 Coverage.

(1) The employer must pay compensation or furnish benefits required by this chapter if the employee suffers an accidental compensable injury or death arising out of work performed in the course and the scope of employment. The injury, its occupational cause, and any resulting manifestations or disability must be established to a reasonable degree of medical certainty, based on objective relevant medical findings, and the accidental compensable injury must be the major contributing cause of any resulting injuries. For purposes of this section, "major

contributing cause" means the cause which is more than 50 percent responsible for the injury as compared to all other causes combined for which treatment or benefits are sought. In cases involving occupational disease or repetitive exposure, both causation and sufficient exposure to support causation must be proven by clear and convincing evidence. Pain or other subjective complaints alone, in the absence of objective relevant medical findings, are not compensable. For purposes of this section, "objective relevant medical findings" are those objective findings that correlate to the subjective complaints of the injured employee and are confirmed by physical examination findings or diagnostic testing. Establishment of the causal relationship between a compensable accident and injuries for conditions that are not readily observable must be by medical evidence only, as demonstrated by physical examination findings or diagnostic testing. Major contributing cause must be demonstrated by medical evidence only.

(a) This chapter does not require any compensation or benefits for any subsequent injury the employee suffers as a result of an original injury arising out of and in the course of employment unless the original injury is the major contributing cause of the subsequent injury. Major contributing cause must be demonstrated by medical evidence only.

(b) If an injury arising out of and in the course of employment combines with a preexisting disease or condition to cause or prolong disability or need for treatment, the employer must pay compensation or benefits required by this chapter only to the extent that the injury arising out of and in the course of employment is and remains more than 50 percent responsible for the injury as compared to all other causes combined and thereafter remains the major contributing cause of the disability or need for treatment. Major contributing cause must be demonstrated by medical evidence only.

(c) Death resulting from an operation by a surgeon furnished by the employer for the cure of hernia as required in s. 440.15(6) [F.S. 1981] shall for the purpose of this chapter be considered to be a death resulting from the accident causing the hernia.

(d) If an accident happens while the employee is employed elsewhere than in this state, which would entitle the employee or his or her dependents to compensation if it had happened in this state, the employee or his or her dependents are entitled to compensation if the contract of employment was made in this state, or the employment was principally localized in this state. However, if an employee receives compensation or damages under the laws of any other state, the total compensation for the injury may not be greater than is provided in this chapter.

(2) Benefits are not payable in respect of the disability or death of any employee covered by the Federal Employer's Liability Act, the Longshoremen's and Harbor Worker's Compensation Act, the Defense Base Act, or the Jones Act.

(3) Compensation is not payable if the injury was occasioned primarily by the intoxication of the employee; by the influence of any drugs, barbiturates, or other stimulants not prescribed by a physician; or by the willful intention of the employee to injure or kill himself, herself, or another.

(4)(a) An employee shall not be entitled to compensation or benefits under this chapter if any judge of compensation claims, administrative law judge, court, or jury convened in this state determines that the employee has knowingly or intentionally engaged in any of the acts described in s. 440.105 or any criminal

act for the purpose of securing workers' compensation benefits. For purposes of this section, the term "intentional" shall include, but is not limited to, pleas of guilty or nolo contendere in criminal matters. This section shall apply to accidents, regardless of the date of the accident. For injuries occurring prior to January 1, 1994, this section shall pertain to the acts of the employee described in s. 440.105 or criminal activities occurring subsequent to January 1, 1994.

(b) A judge of compensation claims, administrative law judge, or court of this state shall take judicial notice of a finding of insurance fraud by a court of competent jurisdiction and terminate or otherwise disallow benefits.

(c) Upon the denial of benefits in accordance with this section, a judge of compensation claims shall have the jurisdiction to order any benefits payable to the employee to be paid into the court registry or an escrow account during the pendency of an appeal or until such time as the time in which to file an appeal has expired.

(5) If injury is caused by the knowing refusal of the employee to use a safety appliance or observe a safety rule required by statute or lawfully adopted by the department, and brought prior to the accident to the employee's knowledge, or if injury is caused by the knowing refusal of the employee to use a safety appliance provided by the employer, the compensation as provided in this chapter shall be reduced 25 percent.

(6) Except as provided in this chapter, a construction design professional who is retained to perform professional services on a construction project, or an employee of a construction design professional in the performance of professional services on the site of the construction project, is not liable for any injuries resulting from the employer's failure to comply with safety standards on the construction project for which compensation is recoverable under this chapter, unless responsibility for safety practices is specifically assumed by contracts. The immunity provided by this subsection to a construction design professional does not apply to the negligent preparation of design plans or specifications.

(7)(a) To ensure that the workplace is a drug-free environment and to deter the use of drugs and alcohol at the workplace, if the employer has reason to suspect that the injury was occasioned primarily by the intoxication of the employee or by the use of any drug, as defined in this chapter, which affected the employee to the extent that the employee's normal faculties were impaired, and the employer has not implemented a drug-free workplace pursuant to ss. 440.101 and 440.102, the employer may require the employee to submit to a test for the presence of any or all drugs or alcohol in his or her system.

(b) If the employee has, at the time of the injury, a blood alcohol level equal to or greater than the level specified in s. 316.193, or if the employee has a positive confirmation of a drug as defined in this act, it is presumed that the injury was occasioned primarily by the intoxication of, or by the influence of the drug upon, the employee. If the employer has implemented a drug-free workplace, this presumption may be rebutted only by evidence that there is no reasonable hypothesis that the intoxication or drug influence contributed to the injury. In the absence of a drug-free workplace program, this presumption may be rebutted by clear and convincing evidence that the intoxication or influence of the drug did not contribute to the injury. Percent by weight of alcohol in the blood must be based upon grams of alcohol per 100

milliliters of blood. If the results are positive, the testing facility must maintain the specimen for a minimum of 90 days. Blood serum may be used for testing purposes under this chapter; however, if this test is used, the presumptions under this section do not arise unless the blood alcohol level is proved to be medically and scientifically equivalent to or greater than the comparable blood alcohol level that would have been obtained if the test were based on percent by weight of alcohol in the blood. However, if, before the accident, the employer had actual knowledge of and expressly acquiesced in the employee's presence at the workplace while under the influence of such alcohol or drug, the presumptions specified in this subsection do not apply.

(c) If the injured worker refuses to submit to a drug test, it shall be presumed in the absence of clear and convincing evidence to the contrary that the injury was occasioned primarily by the influence of drugs.

(d) The agency shall provide by rule for the authorization and regulation of drug-testing policies, procedures, and methods. Testing of injured employees shall not commence until such rules are adopted.

(e) As a part of rebutting any presumptions under paragraph (b), the injured worker must prove the actual quantitative amounts of the drug or its metabolites as measured on the initial and confirmation post-accident drug tests of the injured worker's urine sample and provide additional evidence regarding the absence of drug influence other than the worker's denial of being under the influence of a drug. No drug test conducted on a urine sample shall be rejected as to its results or the presumption imposed under paragraph (b) on the basis of the urine being bodily fluid tested.

(8) If, by operation of s. 440.04, benefits become payable to a professional athlete under this chapter, such benefits shall be reduced or setoff in the total amount of injury benefits or wages payable during the period of disability by the employer under a collective bargaining agreement or contract for hire.

440.101 Legislative intent; drug-free workplaces.—

(1) It is the intent of the Legislature to promote drug-free workplaces in order that employers in the state be afforded the opportunity to maximize their levels of productivity, enhance their competitive positions in the marketplace, and reach their desired levels of success without experiencing the costs, delays, and tragedies associated with work-related accidents resulting from drug abuse by employees. It is further the intent of the Legislature that drug abuse be discouraged and that employees who choose to engage in drug abuse face the risk of unemployment and the forfeiture of workers' compensation benefits.

(2) If an employer implements a drug-free workplace program in accordance with s. 440.102 which includes notice, education, and procedural requirements for testing for drugs and alcohol pursuant to law or to rules developed by the Agency for Health Care Administration, the employer may require the employee to submit to a test for the presence of drugs or alcohol and, if a drug or alcohol is found to be present in the employee's system at a level prescribed by rule adopted pursuant to this act, the employee may be terminated and forfeits his or her eligibility for medical and indemnity benefits. However, a drug-free workplace program must require the employer to notify all employees that it

is a condition of employment for an employee to refrain from reporting to work or working with the presence of drugs or alcohol in his or her body and, if an injured employee refuses to submit to a test for drugs or alcohol, the employee forfeits eligibility for medical and indemnity benefits.

440.102 Drug-free workplace program requirements .— The following provisions apply to a drug-free workplace program implemented pursuant to law or to rules adopted by the Agency for Health Care Administration:

(1) DEFINITIONS. — Except where the context otherwise requires, as used in this act:

(a) “Chain of custody” refers to the methodology of tracking specified materials or substances for the purpose of maintaining control and accountability from initial collection to final disposition for all such materials or substances and providing for accountability at each stage in handling, testing, and storing specimens and reporting test results.

(b) “Confirmation test,” “confirmed test,” or “confirmed drug test” means a second analytical procedure used to identify the presence of a specific drug or metabolite in a specimen, which test must be different in scientific principle from that of the initial test procedure and must be capable of providing requisite specificity, sensitivity, and quantitative accuracy.

(c) “Drug” means alcohol, including a distilled spirit, wine, a malt beverage, or an intoxicating liquor; an amphetamine; a cannabinoid; cocaine; phencyclidine (PCP); a hallucinogen; methaqualone; an opiate; a barbiturate; a benzodiazepine; a synthetic narcotic; a designer drug; or a metabolite of any of the substances listed in this paragraph. An employer may test an individual for any or all of such drugs.

(d) “Drug rehabilitation program” means a service provider, established pursuant to s. 397.311(33), that provides confidential, timely, and expert identification, assessment, and resolution of employee drug abuse.

(e) “Drug test” or “test” means any chemical, biological, or physical instrumental analysis administered, by a laboratory certified by the United States Department of Health and Human Services or licensed by the Agency for Health Care Administration, for the purpose of determining the presence or absence of a drug or its metabolites.

(f) “Employee” means any person who works for salary, wages, or other remuneration for an employer.

(g) “Employee assistance program” means an established program capable of providing expert assessment of employee personal concerns; confidential and timely identification services with regard to employee drug abuse; referrals of employees for appropriate diagnosis, treatment, and assistance; and follow-up services for employees who participate in the program or require monitoring after returning to work. If, in addition to the above activities, an employee assistance program provides diagnostic and treatment services, these services shall in all cases be provided by service providers pursuant to s. 397.311(33).

(h) “Employer” means a person or entity that employs a person and that is covered by the Workers’ Compensation Law.

(i) “Initial drug test” means a sensitive, rapid, and reliable procedure to identify negative and presumptive positive specimens, using an immunoassay procedure or an equivalent, or a more accurate scientifically accepted method approved by the

United States Food and Drug Administration or the Agency for Health Care Administration as such more accurate technology becomes available in a cost-effective form.

(j) “Job applicant” means a person who has applied for a position with an employer and has been offered employment conditioned upon successfully passing a drug test, and may have begun work pending the results of the drug test. For a public employer, “job applicant” means only a person who has applied for a special-risk or mandatory-testing position.

(k) “Medical review officer” or “MRO” means a licensed physician, employed with or contracted with an employer, who has knowledge of substance abuse disorders, laboratory testing procedures, and chain of custody collection procedures; who verifies positive, confirmed test results; and who has the necessary medical training to interpret and evaluate an employee’s positive test result in relation to the employee’s medical history or any other relevant biomedical information.

(l) “Prescription or nonprescription medication” means a drug or medication obtained pursuant to a prescription as defined by s. 893.02 or a medication that is authorized pursuant to federal or state law for general distribution and use without a prescription in the treatment of human diseases, ailments, or injuries.

(m) “Public employer” means any agency within state, county, or municipal government that employs individuals for a salary, wages, or other remuneration.

(n) “Reasonable-suspicion drug testing” means drug testing based on a belief that an employee is using or has used drugs in violation of the employer’s policy drawn from specific objective and articulable facts and reasonable inferences drawn from those facts in light of experience. Among other things, such facts and inferences may be based upon:

1. Observable phenomena while at work, such as direct observation of drug use or of the physical symptoms or manifestations of being under the influence of a drug.
2. Abnormal conduct or erratic behavior while at work or a significant deterioration in work performance.
3. A report of drug use, provided by a reliable and credible source.

4. Evidence that an individual has tampered with a drug test during his or her employment with the current employer.

5. Information that an employee has caused, contributed to, or been involved in an accident while at work.

6. Evidence that an employee has used, possessed, sold, solicited, or transferred drugs while working or while on the employer’s premises or while operating the employer’s vehicle, machinery, or equipment.

(o) “Mandatory-testing position” means, with respect to a public employer, a job assignment that requires the employee to carry a firearm, work closely with an employee who carries a firearm, perform life-threatening procedures, work with heavy or dangerous machinery, work as a safety inspector, work with children, work with detainees in the correctional system, work with confidential information or documents pertaining to criminal investigations, work with controlled substances, or a job assignment that requires an employee security background check, pursuant to s. 110.1127, or a job assignment in which a momentary lapse in attention could result in injury or death to another person.

(p) “Special-risk position” means, with respect to a public employer, a position that is required to be filled by a person who is certified under chapter 633 or chapter 943.

(q) “Specimen” means tissue, hair, or a product of the human body capable of revealing the presence of drugs or their metabolites, as approved by the United States Food and Drug Administration or the Agency for Health Care Administration.

(2) DRUG TESTING.—An employer may test an employee or job applicant for any drug described in paragraph (1)(c). In order to qualify as having established a drug-free workplace program under this section and to qualify for the discounts provided under s. 627.0915 and deny medical and indemnity benefits under this chapter, an employer must, at a minimum, implement drug testing that conforms to the standards and procedures established in this section and all applicable rules adopted pursuant to this section as required in subsection (4). However, an employer does not have a legal duty under this section to request an employee or job applicant to undergo drug testing. If an employer fails to maintain a drug-free workplace program in accordance with the standards and procedures established in this section and in applicable rules, the employer is ineligible for discounts under s. 627.0915. However, an employer qualifies for discounts under s. 627.0915 if the employer maintains a drug-free workplace program that is broader in scope than that provided for by the standards and procedures established in this section. An employer who qualifies for and receives discounts provided under s. 627.0915 must be reported annually by the insurer to the department.

(3) NOTICE TO EMPLOYEES AND JOB APPLICANTS.—

(a) One time only, prior to testing, an employer shall give all employees and job applicants for employment a written policy statement which contains:

1. A general statement of the employer’s policy on employee drug use, which must identify:
 - a. The types of drug testing an employee or job applicant may be required to submit to, including reasonable-suspicion drug testing or drug testing conducted on any other basis.
 - b. The actions the employer may take against an employee or job applicant on the basis of a positive confirmed drug test result.
2. A statement advising the employee or job applicant of the existence of this section.
3. A general statement concerning confidentiality.
4. Procedures for employees and job applicants to confidentially report to a medical review officer the use of prescription or nonprescription medications to a medical review officer both before and after being tested.
5. A list of the most common medications, by brand name or common name, as applicable, as well as by chemical name, which may alter or affect a drug test. A list of such medications as developed by the Agency for Health Care Administration shall be available to employers through the department.
6. The consequences of refusing to submit to a drug test.
7. A representative sampling of names, addresses, and telephone numbers of employee assistance programs and local drug rehabilitation programs.
8. A statement that an employee or job applicant who receives a positive confirmed test result may contest or explain the result to the medical review officer within 5 working days after receiving

written notification of the test result; that if an employee’s or job applicant’s explanation or challenge is unsatisfactory to the medical review officer, the medical review officer shall report a positive test result back to the employer; and that a person may contest the drug test result pursuant to law or to rules adopted by the Agency for Health Care Administration.

9. A statement informing the employee or job applicant of his or her responsibility to notify the laboratory of any administrative or civil action brought pursuant to this section.

10. A list of all drugs for which the employer will test, described by brand name or common name, as applicable, as well as by chemical name.

11. A statement regarding any applicable collective bargaining agreement or contract and the right to appeal to the Public Employees Relations Commission or applicable court.

12. A statement notifying employees and job applicants of their right to consult with a medical review officer for technical information regarding prescription or nonprescription medication.

(b) An employer not having a drug-testing program shall ensure that at least 60 days elapse between a general one-time notice to all employees that a drug-testing program is being implemented and the beginning of actual drug testing. An employer having a drug-testing program in place prior to July 1, 1990, is not required to provide a 60-day notice period.

(c) An employer shall include notice of drug testing on vacancy announcements for positions for which drug testing is required. A notice of the employer’s drug-testing policy must also be posted in an appropriate and conspicuous location on the employer’s premises, and copies of the policy must be made available for inspection by the employees or job applicants of the employer during regular business hours in the employer’s personnel office or other suitable locations.

(4) TYPES OF TESTING.—

(a) An employer is required to conduct the following types of drug tests:

1. Job applicant drug testing.—An employer must require job applicants to submit to a drug test and may use a refusal to submit to a drug test or a positive confirmed drug test as a basis for refusing to hire a job applicant.
2. Reasonable-suspicion drug testing.—An employer must require an employee to submit to reasonable-suspicion drug testing.
3. Routine fitness-for-duty drug testing.—An employer must require an employee to submit to a drug test if the test is conducted as part of a routinely scheduled employee fitness-for-duty medical examination that is part of the employer’s established policy or that is scheduled routinely for all members of an employment classification or group.
4. Follow-up drug testing.—If the employee in the course of employment enters an employee assistance program for drug-related problems, or a drug rehabilitation program, the employer must require the employee to submit to a drug test as a follow-up to such program, unless the employee voluntarily entered the program. In those cases, the employer has the option to not require follow-up testing. If follow-up testing is required, it must be conducted at least once a year for a 2-year period after completion of the program. Advance notice of a follow-up testing date must not be given to the employee to be tested.

(b) This subsection does not preclude a private employer from conducting random testing, or any other lawful testing, of employees for drugs.

(c) Limited testing of applicants, only if it is based on a reasonable classification basis, is permissible in accordance with law or with rules adopted by the Agency for Health Care Administration.

(5) PROCEDURES AND EMPLOYEE PROTECTION.—All specimen collection and testing for drugs under this section shall be performed in accordance with the following procedures:

(a) A sample shall be collected with due regard to the privacy of the individual providing the sample, and in a manner reasonably calculated to prevent substitution or contamination of the sample.

(b) Specimen collection must be documented, and the documentation procedures shall include:

1. Labeling of specimen containers so as to reasonably preclude the likelihood of erroneous identification of test results.

2. A form for the employee or job applicant to provide any information he or she considers relevant to the test, including identification of currently or recently used prescription or nonprescription medication or other relevant medical information. The form must provide notice of the most common medications by brand name or common name, as applicable, as well as by chemical name, which may alter or affect a drug test. The providing of information shall not preclude the administration of the drug test, but shall be taken into account in interpreting any positive confirmed test result.

(c) Specimen collection, storage, and transportation to the testing site shall be performed in a manner that reasonably precludes contamination or adulteration of specimens.

(d) Each confirmation test conducted under this section, not including the taking or collecting of a specimen to be tested, shall be conducted by a licensed or certified laboratory as described in subsection (9).

(e) A specimen for a drug test may be taken or collected by any of the following persons:

1. A physician, a physician assistant, a registered professional nurse, a licensed practical nurse, or a nurse practitioner or a certified paramedic who is present at the scene of an accident for the purpose of rendering emergency medical service or treatment.

2. A qualified person employed by a licensed or certified laboratory as described in subsection (9).

(f) A person who collects or takes a specimen for a drug test shall collect an amount sufficient for two drug tests as determined by the Agency for Health Care Administration.

(g) Every specimen that produces a positive, confirmed test result shall be preserved by the licensed or certified laboratory that conducted the confirmation test for a period of at least 210 days after the result of the test was mailed or otherwise delivered to the medical review officer. However, if an employee or job applicant undertakes an administrative or legal challenge to the test result, the employee or job applicant shall notify the laboratory and the sample shall be retained by the laboratory until the case or administrative appeal is settled. During the 180-day period after written notification of a positive test result, the employee or job applicant who has provided the specimen shall be permitted by the employer to have a portion of the specimen retested, at the employee's or job applicant's expense, at another laboratory, licensed and approved by the Agency for Health Care

Administration, chosen by the employee or job applicant. The second laboratory must test at equal or greater sensitivity for the drug in question as the first laboratory. The first laboratory that performed the test for the employer is responsible for the transfer of the portion of the specimen to be retested, and for the integrity of the chain of custody during such transfer.

(h) Within 5 working days after receipt of a positive confirmed test result from the medical review officer, an employer shall inform an employee or job applicant in writing of such positive test result, the consequences of such results, and the options available to the employee or job applicant. The employer shall provide to the employee or job applicant, upon request, a copy of the test results.

(i) Within 5 working days after receiving notice of a positive confirmed test result, an employee or job applicant may submit information to the employer explaining or contesting the test result, and explaining why the result does not constitute a violation of the employer's policy.

(j) The employee's or job applicant's explanation or challenge of the positive test result is unsatisfactory to the employer, a written explanation as to why the employee's or job applicant's explanation is unsatisfactory, along with the report of positive result, shall be provided by the employer to the employee or job applicant; and all such documentation shall be kept confidential by the employer pursuant to subsection (8) and shall be retained by the employer for at least 1 year.

(k) An employer may not discharge, discipline, refuse to hire, discriminate against, or request or require rehabilitation of an employee or job applicant on the sole basis of a positive test result that has not been verified by a confirmation test and by a medical review officer.

(l) An employer that performs drug testing or specimen collection shall use chain-of-custody procedures established by the Agency for Health Care Administration to ensure proper recordkeeping, handling, labeling, and identification of all specimens tested.

(m) An employer shall pay the cost of all drug tests, initial and confirmation, which the employer requires of employees. An employee or job applicant shall pay the costs of any additional drug tests not required by the employer.

(n) An employer shall not discharge, discipline, or discriminate against an employee solely upon the employee's voluntarily seeking treatment, while under the employ of the employer, for a drug-related problem if the employee has not previously tested positive for drug use, entered an employee assistance program for drug-related problems, or entered a drug rehabilitation program. Unless otherwise provided by a collective bargaining agreement, an employer may select the employee assistance program or drug rehabilitation program if the employer pays the cost of the employee's participation in the program.

(o) If drug testing is conducted based on reasonable suspicion, the employer shall promptly detail in writing the circumstances which formed the basis of the determination that reasonable suspicion existed to warrant the testing. A copy of this documentation shall be given to the employee upon request and the original documentation shall be kept confidential by the employer pursuant to subsection (8) and shall be retained by the employer for at least 1 year.

(p) All authorized remedial treatment, care, and attendance provided by a health care provider to an injured employee before medical and indemnity benefits are denied under this section

must be paid for by the carrier or self-insurer. However, the carrier or self-insurer must have given reasonable notice to all affected health care providers that payment for treatment, care, and attendance provided to the employee after a future date certain will be denied. A health care provider, as defined in s. 440.13(1)(g), that refuses, without good cause, to continue treatment, care, and attendance before the provider receives notice of benefit denial commits a misdemeanor of the second degree, punishable as provided in s. 775.082 or s. 775.083.

(6) CONFIRMATION TESTING.—

(a) If an initial drug test is negative, the employer may in its sole discretion seek a confirmation test.

(b) Only licensed or certified laboratories as described in subsection (9) may conduct confirmation drug tests.

(c) All positive initial tests shall be confirmed using gas chromatography/mass spectrometry (GC/MS) or an equivalent or more accurate scientifically accepted method approved by the Agency for Health Care Administration or the United States Food and Drug Administration as such technology becomes available in a cost-effective form.

(d) If an initial drug test of an employee or job applicant is confirmed as positive, the employer's medical review officer shall provide technical assistance to the employer and to the employee or job applicant for the purpose of interpreting the test result to determine whether the result could have been caused by prescription or nonprescription medication taken by the employee or job applicant.

(7) EMPLOYER PROTECTION.—

(a) An employee or job applicant whose drug test result is confirmed as positive in accordance with this section shall not, by virtue of the result alone, be deemed to have a "handicap" or "disability" as defined under federal, state, or local handicap and disability discrimination laws.

(b) An employer who discharges or disciplines an employee or refuses to hire a job applicant in compliance with this section is considered to have discharged, disciplined, or refused to hire for cause.

(c) No physician-patient relationship is created between an employee or job applicant and an employer or any person performing or evaluating a drug test, solely by the establishment, implementation, or administration of a drug-testing program.

(d) Nothing in this section shall be construed to prevent an employer from establishing reasonable work rules related to employee possession, use, sale, or solicitation of drugs, including convictions for drug-related offenses, and taking action based upon a violation of any of those rules.

(e) This section does not operate retroactively, and does not abrogate the right of an employer under state law to conduct drug tests, or implement employee drug-testing programs; however, only those programs that meet the criteria outlined in this section qualify for reduced rates under s. 627.0915.

(f) If an employee or job applicant refuses to submit to a drug test, the employer is not barred from discharging or disciplining the employee or from refusing to hire the job applicant. However, this paragraph does not abrogate the rights and remedies of the employee or job applicant as otherwise provided in this section.

(g) This section does not prohibit an employer from conducting medical screening or other tests required, permitted, or not

disallowed by any statute, rule, or regulation for the purpose of monitoring exposure of employees to toxic or other unhealthy substances in the workplace or in the performance of job responsibilities. Such screening or testing is limited to the specific substances expressly identified in the applicable statute, rule, or regulation, unless prior written consent of the employee is obtained for other tests. Such screening or testing need not be in compliance with the rules adopted by the Agency for Health Care Administration under this chapter or under s. 112.0455. A public employer may, through the use of an unbiased selection procedure, conduct random drug tests of employees occupying mandatory-testing or special-risk positions if the testing is performed in accordance with drug-testing rules adopted by the Agency for Health Care Administration and the department.

(h) No cause of action shall arise in favor of any person based upon the failure of an employer to establish a program or policy for drug testing.

(8) CONFIDENTIALITY.—

(a) Except as otherwise provided in this subsection, all information, interviews, reports, statements, memoranda, and drug test results, written or otherwise, received or produced as a result of a drug-testing program are confidential and exempt from the provisions of s. 119.07(1) and s. 24(a), Art. I of the State Constitution, and may not be used or received in evidence, obtained in discovery, or disclosed in any public or private proceedings, except in accordance with this section or in determining compensability under this chapter.

(b) Employers, laboratories, medical review officers, employee assistance programs, drug rehabilitation programs, and their agents may not release any information concerning drug test results obtained pursuant to this section without a written consent form signed voluntarily by the person tested, unless such release is compelled by an administrative law judge, a hearing officer, or a court of competent jurisdiction pursuant to an appeal taken under this section or is deemed appropriate by a professional or occupational licensing board in a related disciplinary proceeding. The consent form must contain, at a minimum:

1. The name of the person who is authorized to obtain the information.
2. The purpose of the disclosure.
3. The precise information to be disclosed.
4. The duration of the consent.
5. The signature of the person authorizing release of the information.

(c) Information on drug test results shall not be used in any criminal proceeding against the employee or job applicant. Information released contrary to this section is inadmissible as evidence in any such criminal proceeding.

(d) This subsection does not prohibit an employer, agent of an employer, or laboratory conducting a drug test from having access to employee drug test information or using such information when consulting with legal counsel in connection with actions brought under or related to this section or when the information is relevant to its defense in a civil or administrative matter.

(9) DRUG-TESTING STANDARDS FOR LABORATORIES.—

(a) The requirements of part II of chapter 408 apply to the provision of services that require licensure pursuant to this section and part II of chapter 408 and to entities licensed by or applying for such licensure from the agency pursuant to this section. A license issued by the agency is required in order to operate a drug-free workplace laboratory.

(b) A laboratory may analyze initial or confirmation test specimens only if:

1. The laboratory obtains a license under part II of chapter 408 and s. 112.0455(17). Each applicant for licensure and each licensee must comply with all requirements of this section, part II of chapter 408, and applicable rules.

2. The laboratory has written procedures to ensure the chain of custody.

3. The laboratory follows proper quality control procedures, including, but not limited to:

a. The use of internal quality controls, including the use of samples of known concentrations which are used to check the performance and calibration of testing equipment, and periodic use of blind samples for overall accuracy.

b. An internal review and certification process for drug test results, conducted by a person qualified to perform that function in the testing laboratory.

c. Security measures implemented by the testing laboratory to preclude adulteration of specimens and drug test results.

d. Other necessary and proper actions taken to ensure reliable and accurate drug test results.

(c) A laboratory shall disclose to the medical review officer a written positive confirmed test result report within 7 working days after receipt of the sample. All laboratory reports of a drug test result must, at a minimum, state:

1. The name and address of the laboratory that performed the test and the positive identification of the person tested.

2. Positive results on confirmation tests only, or negative results, as applicable.

3. A list of the drugs for which the drug analyses were conducted.

4. The type of tests conducted for both initial tests and confirmation tests and the minimum cutoff levels of the tests.

5. Any correlation between medication reported by the employee or job applicant pursuant to subparagraph (5)(b)2. and a positive confirmed drug test result.

A report must not disclose the presence or absence of any drug other than a specific drug and its metabolites listed pursuant to this section.

(d) The laboratory shall submit to the Agency for Health Care Administration a monthly report with statistical information regarding the testing of employees and job applicants. The report must include information on the methods of analysis conducted, the drugs tested for, the number of positive and negative results for both initial tests and confirmation tests, and any other information deemed appropriate by the Agency for Health Care Administration. A monthly report must not identify specific employees or job applicants.

(10) RULES.—The Agency for Health Care Administration shall adopt rules pursuant to s. 112.0455, part II of chapter 408, and criteria established by the United States Department of

Health and Human Services as general guidelines for modeling drug-free workplace laboratories, concerning, but not limited to:

(a) Standards for licensing drug-testing laboratories and suspension and revocation of such licenses.

(b) Urine, hair, blood, and other body specimens and minimum specimen amounts that are appropriate for drug testing.

(c) Methods of analysis and procedures to ensure reliable drug-testing results, including standards for initial tests and confirmation tests.

(d) Minimum cutoff detection levels for each drug or metabolites of such drug for the purposes of determining a positive test result.

(e) Chain-of-custody procedures to ensure proper identification, labeling, and handling of specimens tested.

(f) Retention, storage, and transportation procedures to ensure reliable results on confirmation tests and retests.

(11) PUBLIC EMPLOYEES IN MANDATORY-TESTING OR SPECIAL-RISK POSITIONS.—

(a) If an employee who is employed by a public employer in a mandatory-testing position enters an employee assistance program or drug rehabilitation program, the employer must assign the employee to a position other than a mandatory-testing position or, if such position is not available, place the employee on leave while the employee is participating in the program. However, the employee shall be permitted to use any accumulated annual leave credits before leave may be ordered without pay.

(b) An employee who is employed by a public employer in a special-risk position may be discharged or disciplined by a public employer for the first positive confirmed test result if the drug confirmed is an illicit drug under s. 893.03. A special-risk employee who is participating in an employee assistance program or drug rehabilitation program may not be allowed to continue to work in any special-risk or mandatory-testing position of the public employer, but may be assigned to a position other than a mandatory-testing position or placed on leave while the employee is participating in the program. However, the employee shall be permitted to use any accumulated annual leave credits before leave may be ordered without pay.

(12) DENIAL OF BENEFITS.—An employer shall deny an employee medical or indemnity benefits under this chapter, pursuant to this section.

(13) COLLECTIVE BARGAINING RIGHTS.—

(a) This section does not eliminate the bargainable rights as provided in the collective bargaining process if applicable.

(b) Drug-free workplace program requirements pursuant to this section shall be a mandatory topic of negotiations with any certified collective bargaining agent for nonfederal public sector employers that operate under a collective bargaining agreement.

(14) APPLICABILITY.—A drug testing policy or procedure adopted by an employer pursuant to this chapter shall be applied equally to all employee classifications where the employee is subject to workers' compensation coverage.

(15) STATE CONSTRUCTION CONTRACTS.—Each construction contractor regulated under part I of chapter 489, and each electrical contractor and alarm system contractor regulated

under part II of chapter 489, who contracts to perform construction work under a state contract for educational facilities governed by chapter 1013, for public property or publicly owned buildings governed by chapter 255, or for state correctional facilities governed by chapter 944 shall implement a drug-free workplace program under this section.

440.205 Coercion of employees.--No employer shall discharge, threaten to discharge, intimidate, or coerce any employee by reason of such employee's valid claim for compensation or attempt to claim compensation under the Workers' Compensation Law.

3 - Workers' Compensation Learning Assessment

17. If the injured worker refuses to submit to a drug test, it will be assumed that drugs or alcohol were the cause of the injury.
True False

18. An employer must make available all records necessary for the payroll verification audit, and permit the auditor to make physical inspection of employer's operation.
True False

19. An employer with reason to suspect that an injury occurred due to use of drugs or alcohol may require the employee to take a blood test.
True False

COURSE - 4

Occupational Health and Safety

(Two Credit Hours)

Course Outline:

- Course Learning Objectives
- Course Overview
- OSHA History and Mission
- OSHA Services
- OSHA's Jurisdiction
- Strong, Fair, and Effective Enforcement Program
- Outreach, Education, and Compliance Assistance
- OSHA Regulation
- Material Safety Data Sheets
- Safety Data Sheets
- Chemical and Physical Data
- Fire and Explosion Data
- Health Hazard Data
- Hazardous Ingredients
- Precautions For Safe Handling and Use
- Product Information
- Special Protection Information
- The Food and Drug Administration
- Inspections and Legal Sanctions
- Hazards the Salon Professional Faces
- Preventing Repetitive Injuries
- Hazardous Chemical Substance List
- OSHA bloodborne pathogens standards

Course Learning Objectives:

The purpose of this course and the outcome expected is for participants to:

- Boost awareness of OSHA history
- Understand OSHA Regulation.
- Understand FDA Regulation.
- Increase knowledge of MSDS Sheets under GHS
- Understand the new Global OSHA policy adopted
- Know the changing standards in MSDS format
- Learn the recommended safe practices
- Become familiar with hazardous chemicals sometimes used in salons and salon products

Course Overview: In this section participants learn about the Occupational Health and Safety Administration (OSHA), how it came about and its purpose and mission. This course covers areas regulated by the OSHA, which are pertinent to the cosmetology industry. Material included in this section will educate readers on applicable Food and Drug Administration regulations and help to understand the purpose of the material safety data sheet (MSDS) and the rules relating to them. The course material will recommend proper placement of MSDS's

and provide suggestions for easy organization of these sheets.

Additionally, important information with regards to chemicals found in many products used in the salon is provided in the form of a commonly used hazardous chemicals list. The list contains the chemical names, their toxic effects, and where they are found.

The Occupational Health and Safety Administration- History and Mission

December 29, 1970 President Richard M. Nixon signed the Occupational Safety and Health Act of 1970. In May of the following year the first standards were adopted to provide a baseline for safety and health protection in American workplaces.

OSHA's core mission is to ensure a safe and healthy workplace for every working man and woman in the Nation by setting and enforcing standards; providing training, outreach, and education; establishing partnerships; and encouraging continual improvement in workplace safety and health.

Since the agency was created in 1971, workplace fatalities have been cut in half and occupational injury and illness rates have declined 40 percent. OSHA is focusing on three strategies:

- 1) Strong, fair, and effective enforcement;
- 2) Outreach, education, and compliance assistance; and
- 3) Partnerships and voluntary programs.

While no rules have been developed by OSHA specifically for the salon, individuals engaged in the practice of cosmetology are expected to abide by all OSHA rules contained within the Code of Federal Regulations (29 CFR) that deal with workplace safety and health. These rules describe the responsibilities of employers and employees in dealing with hazardous chemicals, personal protective devices, proper ventilation, and prevention from over exposure to dusts, and overall health and safety plans. As well as bloodborne pathogens and OSHA bloodborne Pathogens standards, universal precautions and handling of blood spills.

OSHA Services

You have the right to a safe workplace. The law requires employers to provide their employees with working conditions that are free of known dangers. Workers may file a complaint to have OSHA inspect their workplace if

they believe that their employer is not following OSHA standards or that there are serious hazards.

OSHA and its state partners have approximately 2100 inspectors, plus complaint discrimination investigators, engineers, physicians, educators, standards writers, and other technical and support personnel spread over more than 200 offices throughout the country. This staff works to establish protective standards, implement and enforces those standards, and reaches out to employers and employees through technical assistance and consultation programs.

OSHA's Jurisdiction

Nearly every workingman and woman in the nation comes under OSHA's jurisdiction (with some exceptions such as miners, transportation workers, many public employees, and the self-employed). Other users and recipients of OSHA services include: occupational safety and health professionals, the academic community, lawyers, journalists, and personnel of other government entities.

Strong, Fair, and Effective Enforcement Program.

OSHA's efforts to protect workers' safety and health are built on the foundation of a strong, fair, and effective enforcement program. OSHA seeks to assist the majority of employers who want to do the right thing while focusing its enforcement resources on sites in high hazard industries -- especially those with high injury and illness rates.

Outreach, Education, and Compliance Assistance

OSHA plays a vital role in preventing on-the-job injuries and illnesses through outreach, through education, and compliance assistance OSHA offers an extensive website at www.osha.gov. It includes a special section devoted to assisting small business as well as interactive e-Tools to help employers and employees. For example, the agency provides a broad array of training and information materials on its record keeping standard as well as materials to assist employers and workers in understanding and complying

OSHA Regulation

OSHA regulates the chemical materials decided to be hazardous, ensuring appropriate warnings, proper labels, emergency planning, precautions for safe handling and use, and other health related issues. The Food and Drug Administration has the responsibility and authority to ensure that all chemicals and cosmetics used in a salon are deemed safe.

Chemicals and cosmetics will not cause harm if used properly, and there are many precautions to help ensure that the products you use daily are safe. As a cosmetology professional, you should become educated on the safety rules for proper use and disposal of all chemicals and

cosmetics used in the cosmetology profession, as well as, their health hazards, warnings and emergency procedures.

Modification of the Hazard Communication Standard (HCS)

Modification of the Hazard Communication Standard (HCS) to conform with the United Nations' (UN) Globally Harmonized System of Classification and Labeling of Chemicals (GHS)

What is the Globally Harmonized System?

The Globally Harmonized System (GHS) is an international approach to hazard communication, providing agreed criteria for classification of chemical hazards, and a standardized approach to label elements and safety data sheets.

The GHS was negotiated in a multi-year process by hazard communication experts from many different countries, international organizations, and stakeholder groups.

It is based on major existing systems around the world, including OSHA's Hazard Communication Standard and the chemical classification and labeling systems of other US agencies.

The result of this negotiation process is the United Nations' document entitled "Globally Harmonized System of Classification and Labeling of Chemicals," commonly referred to as The Purple Book. This document provides harmonized classification criteria for health, physical, and environmental hazards of chemicals.

It also includes standardized label elements that are assigned to these hazard classes and categories, and provide the appropriate signal words, pictograms, and hazard and precautionary statements to convey the hazards to users.

A standardized order of information for safety data sheets is also provided. These recommendations can be used by regulatory authorities such as OSHA to establish mandatory requirements for hazard communication, but do not constitute a model regulation.

Why did OSHA decide to modify the Hazard Communication Standard to adopt the GHS?

A. OSHA has modified the Hazard Communication Standard (HCS) to adopt the GHS to improve safety and health of workers through more effective communications on chemical hazards. Since it was first promulgated in 1983, the HCS has provided employers and employees extensive information about the chemicals in their workplaces.

The original standard is performance-oriented, allowing chemical manufacturers and importers to convey

information on labels and material safety data sheets in whatever format they choose.

While the available information has been helpful in improving employee safety and health, a more standardized approach to classifying the hazards and conveying the information will be more effective, and provide further improvements in American workplaces.

The GHS provides such a standardized approach, which includes detailed criteria for determining what hazardous effects a chemical poses, as well as standardized label elements assigned by hazard class and category.

This will enhance both the employer and the workers comprehension of the hazards, which will help to ensure appropriate handling and safe use of workplace chemicals. In addition, the safety data sheet requirements establish an order of information that is standardized.

The harmonized format of the safety data sheets will enable employers, workers, health professionals, and emergency responders to access the information more efficiently and effectively, thus increasing their utility.

Adoption of the GHS in the US and around the world will also help to improve information received from other countries—since the US is both a major importer and exporter of chemicals, American workers often see labels and safety data sheets from other countries.

The diverse and sometimes conflicting national and international requirements can create confusion among those who seek to use hazard information effectively.

For example, labels and safety data sheets may include symbols and hazard statements that are unfamiliar to readers or not well understood.

Containers may be labeled with such a large volume of information that important statements are not easily recognized.

Given the differences in hazard classification criteria, labels may also be incorrect when used in other countries. If countries around the world adopt the GHS, these problems will be minimized, and chemicals crossing borders will have consistent information, thus improving communication globally.

Material Safety Data Sheets

The Hazard Communication Standard (HCS) (29 CFR 1910.1200(g)), revised in 2012, requires that the chemical manufacturer, distributor, or importer provide Safety Data Sheets (SDSs) (formerly MSDSs or Material Safety Data Sheets) for each hazardous chemical to downstream users to communicate information on these hazards.

The information contained in the SDS is largely the same as the MSDS, except now the SDSs are required to be presented in a consistent user-friendly, 16-section format.

This brief provides guidance to help workers who handle hazardous chemicals to become familiar with the format and understand the contents of the SDSs.

The SDS includes information such as the properties of each chemical; the physical, health, and environmental health hazards; protective measures; and safety precautions for handling, storing, and transporting the chemical.

The information contained in the SDS must be in English (although it may be in other languages as well). In addition, OSHA requires that SDS preparers provide specific minimum information as detailed in Appendix D of 29 CFR 1910.1200. The SDS preparers may also include additional information in various section(s).

Sections 1 through 8 contain general information about the chemical, identification, hazards, composition, safe handling practices, and emergency control measures (e.g., fire-fighting). This information should be helpful to those that need to get the information quickly.

Sections 9 through 11 and 16 contain other technical and scientific information, such as physical and chemical properties, stability and reactivity information, toxicological information, exposure control information, and other information including the date of preparation or last revision.

The SDS must also state that no applicable information was found when the preparer does not find relevant information for any required element.

The SDS must also contain Sections 12 through 15, to be consistent with the UN Globally Harmonized System of Classification and Labeling of Chemicals (GHS), but OSHA will not enforce the content of these sections because they concern matters handled by other agencies.

A description of all 16 sections of the SDS, along with their contents, is presented below:

Section 1: Identification
This section identifies the chemical on the SDS as well as the recommended uses. It also provides the essential contact information of the supplier.
Section 2: Hazard(s) Identification
This section identifies the hazards of the chemical presented on the SDS and the appropriate warning information associated with those hazards.
Section 3: Composition/Information on Ingredients
This section identifies the ingredient(s) contained in the product indicated on the SDS, including impurities and stabilizing additives. This section includes information on substances, mixtures, and all chemicals where a trade secret is claimed.
Section 4: First-Aid Measures
This section describes the initial care that should be given by untrained responders to an individual who has been exposed to the chemical.
Section 5: Fire-Fighting Measures
This section provides recommendations for fighting a fire caused by the chemical.
Section 6: Accidental Release Measures
This section provides recommendations on the appropriate response to spills, leaks, or releases, including containment and cleanup practices to prevent or minimize exposure to people, properties, or the environment. It may also include recommendations distinguishing between responses for large and small spills where the spill volume has a significant impact on the hazard.
Section 7: Handling and Storage
This section provides guidance on the safe handling practices and conditions for safe storage of chemicals.
Section 8: Exposure Controls/Personal Protection
This section indicates the exposure limits, engineering controls, and personal protective measures that can be used to minimize worker exposure. Any special requirements for PPE, protective clothing or respirators (e.g., type of glove material, such as PVC or nitrile rubber gloves; and breakthrough time of the glove material).
Section 9: Physical and Chemical Properties
This section identifies physical and chemical properties associated with the substance or mixture.
Section 10: Stability and Reactivity
This section describes the reactivity hazards of the chemical and the chemical stability information. This section is broken into three parts: reactivity, chemical stability, and other.

Section 11: Toxicological Information

This section identifies toxicological and health effects information or indicates that such data are not available.

Section 12: Ecological Information (non-mandatory)

This section provides information to evaluate the environmental impact of the chemical(s) if it were released to the environment.

Section 13: Disposal Considerations (non-mandatory)

This section provides guidance on proper disposal practices, recycling or reclamation of the chemical(s) or its container, and safe handling practices. To minimize exposure, this section should also refer the reader to Section 8 (Exposure Controls/Personal Protection) of the SDS.

Section 14: Transport Information (non-mandatory)

This section provides guidance on classification information for shipping and transporting of hazardous chemical(s) by road, air, rail, or sea.

Section 15: Regulatory Information (non-mandatory)

This section identifies the safety, health, and environmental regulations specific for the product that is not indicated anywhere else on the SDS.

Section 16: Other Information

This section indicates when the SDS was prepared or when the last known revision was made. The SDS may also state where the changes have been made to the previous version. You may wish to contact the supplier for an explanation of the changes. Other useful information also may be included here.

The Food and Drug Administration

FDA regulates over \$1 trillion worth of products, which account for 25 cents of every dollar spent annually by American consumers.

The Food and Drug Administration touches the lives of virtually every American every day. For it is FDA's job to see that the food we eat is safe and wholesome, the cosmetics we use won't hurt us, the medicines and medical devices we use are safe and effective, and that radiation-emitting products such as microwave ovens won't do us harm. Feed and drugs for pets and farm animals also come under FDA scrutiny. FDA also ensures that all of these products are labeled truthfully with the information that people need to use them properly.

FDA is one of our nation's oldest consumer protection agencies. Its approximately 9,000 employees monitor the manufacture, import, transport, storage and sale of about \$1 trillion worth of products each year. It does that at a cost to the taxpayer of about \$3 per person.

First and foremost, FDA is a public health agency, charged with protecting American consumers by enforcing the Federal Food, Drug, and Cosmetic Act and several related public health laws. To carry out this mandate of consumer protection, FDA has some 1,100 investigators and inspectors who cover the country's almost 95,000 FDA-regulated businesses. These employees are located in district and local offices in 157 cities across the country.

Inspections and Legal Sanctions

These investigators and inspectors visit more than 15,000 facilities a year, seeing that products are made right and labeled truthfully. As part of their inspections, they collect about 80,000 domestic and imported product samples for examination by FDA scientists or for label checks. If a company is found violating any of the laws that FDA enforces, the FDA encourages the firm to voluntarily correct the problem or to recall a faulty product from the market. A recall is generally the fastest and most effective way to protect the public from an unsafe product.

When a company can't or won't correct a public health problem with one of its products voluntarily, FDA has legal sanctions it can bring to bear. The agency can go to court to force a company to stop selling a product and to have items already produced seized and destroyed. When warranted, criminal penalties, which may include prison sentences, are sought against manufacturers that are noncompliant. About 3,000 products a year are found to be unfit for consumers and are withdrawn from the marketplace, either by voluntary recall or by court-ordered seizure. In addition, about 30,000 import shipments a year are detained at the port of entry because the goods appear to be unacceptable.

Hazards the Salon Professional Faces

While the salon profession can be extremely rewarding, it can have its drawbacks, the least of which the impact that daily work in a salon can have on an individual's overall health. Salon professionals have at least three major complaints about their work: they suffer from back and leg problems, hand and arm stress, and allergic reactions to the chemicals they use in the salon. Moreover, a study by the NIOSH found that cosmetologists in North Carolina who worked full-time and performed a range of chemical services had a moderately increased risk of miscarriage. Another agency study concluded that cosmetologists had a higher risk of developing lung disorders as a result of exposure to hair spray.

Long Periods of Standing

Standing all day can put a strain on feet - especially in salons where concrete floors are the rule. A regular shift for a stylist lasts from eight to ten hours, and hairdressers are usually on their feet for most of that time. This can result in stabbing pains radiating up the legs and development of varicose veins. Lower back, knee and joint pain can also result from several of the repetitive movements that a stylist makes such as leaning over to shampoo clients. Upper back pain is another complaint particularly pain in the shoulder blades that causes the most problems.

Here are a few steps you can take to help alleviate some of these pains:

- Support your weight on both feet. If you lean to one side constantly and do not distribute your weight evenly, it can result in pinched nerves
- Invest in a side chair. To give your feet a rest, invest in one of the versatile working stools available for salon professionals. These are little seats with no arms that can be adjusted according to the client's height. At the same time, these chairs can help raise the cosmetologist to a more appropriate level, which might alleviate the shoulder blade problem.
- Exercise and watch your diet. The more weight you carry, the more strain is placed on your feet, legs, and back.

- Use a rubber mat in your workspace. Covering the floor around your client's chair with a rubber mat will help cushion your feet and protect your back.
- Invest in a good pair of shoes. Experts recommend that employees should wear flat shoes with no more than a 2-inch heel. Ideally, the shoes should have shock absorbent pads, skid resistant soles, and laces, which provide more support. Salon professionals who already have foot pain might want to buy a pair of insoles or orthotic devices, according to the association.
- Get regular massages. Take time to pamper your body. Massage can help alleviate back pain, and massage therapists can determine your specific problems and give you tips on how to avoid them. If pain persists, see your doctor.

Preventing Repetitive Injuries

Many salon professionals also suffer from repetitive strain injuries from the repetitive nature of haircutting and other salon work. These injuries, caused by repeating the same motions hundreds and even thousands of times a day, are a serious hazard. Tendonitis can cause excruciating pain and make it difficult or impossible to perform even the simplest of tasks. Carpal tunnel syndrome, a pinching of the median nerve in the wrist, may cause irreversible nerve damage and require surgery.

If you feel like your fingers and arms are starting to ache, tangle at night, or cramp up for long periods, experts suggest the following precautions:

- Take breaks: When working on a job like this, take breaks as often as possible. Stretch your hands and shoulders. If time allows, try to schedule jobs that take more than a couple of hours over a two-day period.
- Get professional help: See a physician immediately if you suffer numbness or tingling in your fingers: this is a sign of carpal tunnel syndrome. You should also see a doctor if you feel chronic pain or a heavy feeling in the arms or hands, which can signal tendonitis. The treatments may include prolonged rest, physical therapy, and (in the case of carpal tunnel) surgery.
- Invest in ergonomically correct tools: You might want to check out, for example, a relatively new product called swivel-thumb scissors, which allow your thumb to rotate 360 degrees while cutting hair and gives you more mobility in your wrist and elbow, thus relieving pressure on those areas

To investigate occupational exposures to manicurists, potential health effects, and possible interventions to decrease exposures, partnerships with nail technician school programs are being developed to research optimal ventilation and workplace risk reduction practices, and to collect pilot data on ambient mixture exposure levels, biomarkers of internal dose, and health measures to

preliminarily characterize the exposures and health of nail technicians. Expected outputs include: (1) feedback provided to manufacturers of a vented table that NIOSH evaluated for ventilation efficiency, potential ways to enhance it (if indicated), and other table features important for nail salon settings; (2) pilot data collected and analyzed to help design potential future intervention studies in nail salons; and (3) educational materials on workplace exposure and risk reduction developed based on these studies, with distribution to nail technician audiences.

Summary of OSHA's Bloodborne Pathogen Standard

In March 1992, OSHA's blood-borne pathogen standard, 29 CFR 1910.1030 took effect. This standard was designed to prevent deaths from blood-borne infections. While the standard was primarily written with terminology common to hospitals, funeral homes, nursing homes, clinics, law enforcement agencies, emergency responders, and HIV/HBV research laboratories, the rules still equally apply to anyone who can "reasonably expect to come in contact with blood or potentially infectious materials" as part of their job. This includes but is not limited to persons in the beauty and barbering services profession. Moreover, salons that provide permanent make up services, or piercing must follow these laws as well as the bio hazard waste disposal requirements.

Below is a general summary of the OSHA bloodborne pathogen standards standard 29 CFR 1910.

Purpose

Limits occupational exposure to blood and other potentially infectious materials because any exposure could result in transmission of bloodborne pathogens, which could lead to disease or death.

Scope

Covers all employees who could be "reasonably anticipated" as the result of performing their job duties to face contact with blood and other potentially infectious materials. OSHA has not attempted to list all occupations where exposures could occur. "Good Samaritan" acts such as assisting a co-worker with a nosebleed would not be considered occupational exposure.

Infectious materials include semen, vaginal secretions, cerebrospinal fluid, synovial fluid, pleural fluid, pericardial fluid, peritoneal fluid, and amniotic fluid, saliva in dental procedures, any body fluid visibly contaminated with blood and all body fluids in situations where it is difficult or impossible to differentiate between body fluids. They also include any unfixated tissue or organ other than intact skin from a human (living or dead), human immunodeficiency virus (HIV)- containing cell or tissue cultures, organ cultures and HIV or hepatitis B (HBV)- containing culture medium or other solutions as

well as blood, organs or other tissues from experimental animals infected with HIV or HBV.

Exposure control plan

Requires employers to identify, in writing, tasks and procedures as well as job classifications where occupational exposure to blood occurs – without regard to personal protective clothing and equipment. It must also set forth the schedule for implementing other provisions of the standard and specify the procedure for evaluating circumstances surrounding exposure incidents. The plan must be accessible to employees and available to OSHA. Employers must review and update it at least annually or more often if necessary to accommodate workplace changes.

Methods of compliance

Mandates universal precautions, (treating body fluids/materials as if infectious) emphasizing engineering and work practice controls. The standard stresses hand washing and requires employers to provide facilities and ensure that employees use them following exposure to blood. It sets forth procedures to minimize needle sticks, minimize splashing and spraying of blood, ensure appropriate packaging of specimens and regulated wastes and decontaminate equipment or label it as contaminated before shipping to servicing facilities.

Employers must provide, at no cost, and require employees to use appropriate personal protective equipment such as gloves, gowns, masks, mouthpieces and resuscitation bags and must clean, repair and replace these when necessary. Gloves are not necessarily required for routine phlebotomies in volunteer blood donation centers but must be made available to employees who want them.

The standard requires a written schedule for cleaning, identifying the method of decontamination to be used, in addition to cleaning following contact with blood or other potentially infectious materials. It specifies methods for disposing of contaminated sharps and sets forth standards for containers for these items and other regulated waste. Further, the standard includes provisions for handling contaminated laundry to minimize exposures.

Hepatitis B vaccination

Requires vaccinations to be made available to all employees who have occupational exposure to blood within 10 working days of assignment, at no cost, at a reasonable time and place, under the supervision of licensed physician/licensed health care professional and according to the latest recommendations of the U.S. Public Health Service (USPHS). Prescreening may not be required as a condition of receiving the vaccine. Employees must sign a declination form if they choose not to be vaccinated, but may later opt to receive the vaccine at no cost to the employee. Should booster doses

later be recommended by the USPHS, employees must be offered them.

Post-exposure evaluation and follow-up

Specifies procedures to be made available to all employees who have had an exposure incident plus any laboratory tests must be conducted by an accredited laboratory at no cost to the employee. Follow-up must include a confidential medical evaluation documenting the circumstances of exposure, identifying and testing the source individual if feasible, testing the exposed employee’s blood if he/she consents, post-exposure prophylaxis, counseling and evaluation of reported illnesses. Health care professionals must be provided specified information to facilitate the evaluation and their written opinion on the need for hepatitis B vaccination following the exposure. Information such as the employee’s ability to receive the hepatitis B vaccine must be supplied to the employer. All diagnoses must remain confidential.

Hazard Communication

Requires warning labels including the orange or orange-red biohazard symbol affixed to containers of regulated waste, refrigerators and freezers and other containers, which are used to store or transport blood or other potentially infectious materials. Red bags or containers may be used instead of labeling. When a facility uses universal precautions in its handling of all specimens, labeling is not required within the facility. Likewise, when all laundry is handled with universal precautions, the laundry need not be labeled. Blood, which has been tested and found free of HIV or HBV and released for clinical use, and regulated waste which has been decontaminated, need not be labeled. Signs must be used to identify restricted areas in HIV and HBV research laboratories and production facilities.

Information and training

Mandates training within 90 days of effective date, initially upon assignment and annually, employees who have received appropriate training within the past year need only receive additional training in items not previously covered. Training must include making accessible a copy of the regulatory text of the standard and explanation of its contents, general discussion on blood-borne diseases and their transmission, exposure control plan, engineering and work practice controls, personal protective equipment hepatitis B vaccine, response to emergencies involving blood, how to handle exposure incidents, the post-exposure evaluation and follow-up program, signs/labels/color-coding. There must be opportunity for questions and answers, and the trainer must be knowledgeable in the subject matter. Laboratory and production facility workers must receive additional specialized initial training.

Record keeping

Calls for medical records to be kept for each employee with occupational exposure for the duration of employment plus 30 years, must be confidential and must include name and Social Security number; hepatitis B vaccination status (including dates); results of any examinations, medical testing and follow-up procedures; a copy of the health care professional’s written opinion; and a copy of information provided to the health care professional. Training records must be maintained for three years and must include dates, contents of the training program or a summary, trainer’s name and qualifications, names and job titles of all persons attending the sessions. Medical records must be made available to the subject employee, anyone with written consent of the employee, OSHA and NIOSH – they are not available to the employer. Disposal of records must be in accord with OSHA’s standard covering access to records.

HAZARDOUS CHEMICAL SUBSTANCE LIST

Chemical Name	Toxic Effects	Occurrence	Precautions
ACETIC ACID	In weak concentrations, acetic acid can be a mild skin and eye irritant.	Oxidizing materials (trace).	
ACETONE (dimethyl ketone)	Prolonged inhalation can cause headache, dryness, and throat irritation.	Nail glue remover, polish remover, and brush cleaner.	Some alkaline silicates can cause fibrotic changes (scarring) of lung tissue.
ALKYLATED SILICATES	Alkylated Silicates affect skin as mild caustic agents, causing damage to the keratin layer. Chronic exposure to alkalinity can lead to a skin condition that resembles eczema.	Bleach powders.	Aminophenol is a mixture that has three isomers. Para-, Ortho- and Meta-aminophenol.

Chemical Name	Toxic Effects	Occurrence	Precautions
AMINOPHENOL	A.) Para-aminophenol has high to moderate oral toxicity. A skin and eye irritant. Allergic sensitivities can develop to the material B.) Ortho-aminophenol is found to be moderately toxic when introduced to the system via ingestion. It is a skin and eye irritant. C.) Meta-aminophenol is found to be moderately toxic when introduced to the system via ingestion. It is a skin and eye irritant.	Oxidation hair color.	Overexposure can cause conjunctivitis, swelling of eyelids, coughing, and dyspnea and vomiting. Corneal burns can result from eye contact.
AMMONIA	A powerful eye and respiratory tract irritant.	Alkaline wave lotions bleach oils, oxidation hair dyes, permanent wave solutions, and permanent hair color.	High toxicity via oral and inhalation routes.
AMMONIUM HYDROXIDE	A powerful eye irritant.	Hair spray (trace), waving lotions, thioglycolate waving lotions, and oxidation dyes.	It can be a fire hazard if it is reacted with organic materials or reducing agents such as acids. It is a strong oxidizing agent. The material must be stored carefully as it readily decomposes.
AMMONIUM PERSULFATE	A moderate tissue irritant and allergen.	Bleaching agents, pre-lighteners.	This material can cause dermatitis and is a strong allergen.
AMMONIUM THIOGLYCOLATE	High toxicity via oral and inhalation routes.	Permanent waving solution.	A skin and eye irritant.
BENZYL ALCOHOL	Moderate toxicity via ingestion and inhalation.	Permanent waving solutions.	Butane is an asphyxiant. Breathing the gas may cause drowsiness. Butane is a dangerous fire/explosion risk.
BUTANE	Moderate toxicity via inhalation.	Nail enamel dryer, aerosol propellants (MANP)	The material is a strong respiratory irritant.
BUTOXYETHANOL (ethylene glycol monobutyl ether)	Moderately toxic via ingestion, a mild to moderate skin and eye irritant.	Direct non-oxidation dyes.	In high concentrations the material can cause respiratory irritation and narcosis.
n-BUTYL ACETATE	A skin and eye irritant, low toxicity via ingestion, inhalation. It is a mild allergen.	Nail lacquer.	Local exposure yields irritation.
CAMPHOR	High to moderate irritation, ingestion hazard.	Hair relaxer.	A skin and eye irritant.
CETYL ALCOHOL	Low oral toxicity, an irritant.	Hair relaxer.	EDTA is found in products as either tetrasodium or disodium salt. It reacts chemically to "bind" metals.
EDTA (ethylene diamine tetracetic acid)	Eye irritation. High oral toxicity.	Shampoo (trace), Penn neutralizer, and thioglycolate permanent waves, products that remove coatings from hair.	Experimentally, ethanolamine causes severe eye irritation. It is a caustic material, which causes moderate burns. Inhalation tolerance is low.

Chemical Name	Toxic Effects	Occurrence	Precautions
ETHANOLAMINE	Tissue damage. Oral toxicity.	Waving lotions, oxidation dyes.	Repeated exposure can cause conjunctivitis and corneal clouding. High concentrations can cause congestion of the liver and kidneys. It is a dangerous fire risk.
ETHYL ACETATE	Causes irritation to mucous linings in eyes, respiratory tract and gums. It can act as a mild narcotic. It can also cause dermatitis.	Nail lacquer solvent.	It is oxidized by the liver to form carbon dioxide and water. It is generally not considered an occupational health hazard, however it is a safety hazard due to its flammability.
ETHYL ALCOHOL (S.D. Alcohol)	The term "S.D.A." or "S.D. Alcohol" means "specifically denatured alcohol". S.D.A. is ethyl alcohol, to which another substance, such as methyl isobutyl ketone, has been added, making it unfit for human consumption.	Hair spray, setting lotions, mousse, conditioner, Ethyl alcohol is familiar as the alcohol in beverages.	In low concentrations, the material can cause skin irritation. Products containing hydrogen peroxide must be capped and stored securely.
HYDROGEN PEROXIDE	Concentrated solutions are highly toxic and strong irritants. Solutions of 35% can blister the skin. The material is a powerful oxidant, which readily reacts to release oxygen, and can therefore be a dangerous fire and explosion risk.	Oxidation hair dye developer, neutralizers for permanent waves, hair lighteners, and peroxide based neutralizers, permanent wave activator solutions, oxidizers, and enzyme developers.	A dangerous fire risk when exposed to heat, flame or oxidizers.
ISOBUTANE (2-methylpropane)	A simple asphyxiant, this material is otherwise practically non-toxic.	Aerosol propellants.	The material can de-fat and dry the skin. The material is a physical hazard due to its high flammability.
ISOPROPYL ALCOHOL	Eyes, nose, and throat irritant. In high air concentrations it can induce mild narcosis and can cause corneal burns and eye damage.	Permanent dye, hair spray, nail enamel dryer, oil hair dressing, hair styling mousse, setting gels/lotions, bleach oils, semi-permanent and oxidation hair dyes, and peroxide-based neutralizers.	Liquefied petroleum gas is a mixture of propane, isobutane, isobutylene, and other short chain hydrocarbons. The material is a simple asphyxiant, and its chief health hazard is attributable to its high flammability.
GLYCEROL	Low toxicity generally, but can be a respiratory irritant when in mist form.	Mousse, oxidation hair colors, permanent hair colors, LPG (liquefied petroleum gas) hairspray propellants.	A moderate fire risk when exposed to heat, flame, or oxidizers.
METHACRYLIC ACID (glacial)	A strong skin irritant	Acrylic, nail-bonding agents.	Vapors can cause lung irritation and pulmonary edema. Prolonged exposure can cause dermatitis, liver and brain damage. It is a suspected carcinogen. The body metabolizes methylene chloride to carbon monoxide. Heavy smokers and those with cardiovascular disease or anemia are at increased risk.

Chemical Name	Toxic Effects	Occurrence	Precautions
METHYLENE CHLORIDE (dichloromethane)	Very dangerous to the eyes; vapors have narcotic properties, which include fatigue, headache, and dizziness.	Nail enamel dryer, oil hair dressing aerosols.	Serious fire hazard and risk
MINERAL SPIRITS	Moderately irritating to skin, eyes, and mucous membranes.	Hairdressings, hair sprays.	An experimental carcinogen and mutagen.
PHENACETIN	Toxic via inhalation and ingestion routes.	Peroxide-based neutralizers.	This material is a powerful skin irritant, which is implicated as a cause of aplastic anemia and is a suspected carcinogen.
PARA-PHENYLENEDIAMINE	When used in hair dye, it has been known to produce vertigo, anemia, gastritis, exfoliative dermatitis, and is suspect in at least one death.	Oxidation hair dyes, permanent hair dyes, semi-permanent hair dyes.	A skin, eye, and respiratory tract irritant.
PHOSPHORIC ACID	A skin, eye and respiratory tract irritant.	Oxidizers, neutralizers.	The material will liberate oxygen when exposed to heat or chemicals, and is therefore a moderate fire risk. It will decompose if not stored properly.
POTASSIUM PERSULFATE	A moderate tissue irritant and allergen.	Bleach powders, lightener powders.	A skin and eye irritant.
PROPYLENE GLYCOL	A skin and eye irritant.	Oxidation hair dye base, semi-permanent hair dye base, hair relaxer, and thioglycolate, permanent wave lotion.	This material can cause serious eye and skin injury in susceptible individuals. If the material is in a carrier, which can be absorbed through the skin, local hyperemia (flushing), itching, dermatitis, edema, and possibly corrosion of the skin can occur. Local lymph gland swelling may also occur.
RESOKCINOL	Primarily a skin irritant.	Oxidation hair dyes.	Prolonged exposure to crystalline silica dust can lead to fibrotic changes (scarring) of lung tissue, however the health hazard is minimal if exposure is controlled. Fumed silica is found in some products. Colloidal type silica does not pose the toxic risks of the crystalline type.
SILICAS	Silica in dust form can constitute an inhalation hazard.	Frosts, activator powders.	Concentrated solutions are strong irritants to skin and other tissues.
SODIUM BISULFITE	The material is an allergen.	Oxidation shampoos.	Prolonged exposure to dilute solutions can cause burns and ulceration of skin and other tissues and can cause severe eye damage.
SODIUM PEROXIDE	Toxic by ingestion and may cause severe burns to the skin and scalp.	Hair relaxer, thioglycolate permanent waves, waving gel.	An oxidizer, which needs to be stored carefully, as the material decomposes in moist air.
SODIUM PERSULFATE	A strong tissue irritant, toxic by ingestion.	Bleach powders, lightener powders.	Toxic by ingestion.
TETRASODIUM PYROPHOSPHATE	Toxic by ingestion.	Oxidizers (trace).	Hydrogen sulfide gas derived from this material. Irritant to skin and eyes.

Chemical Name	Toxic Effects	Occurrence	Precautions
THIOGLYCOLIC ACID	Corrosive to mucous membranes.	Waving lotions, oxidation dyes.	The material can react violently with lithium and other metals.
TITANIUM DIOXIDE	A skin irritant, which is also an experimental neoplastic and tumorigenic agent.	Hair relaxers, dyes, nail powder.	Eye irritant, toxic when ingested.
TRICRESYL PHOSPHATE	Eye irritant.	Nail lacquer.	Vapors have narcotic action and can cause headache and nausea. The material is an experimental mutagen.
TOLUENE	Chronic toluene overexposure can lead to changes in the blood-forming organs (bone marrow).	Nail lacquer solvent.	

4 - OSHA Learning Assessment

20. The FDA makes sure that the chemicals used in a salon are safe if used properly.

True False

21. Acetone is not a hazardous chemical.

True False

22. Most salon professionals are exposed to possible toxic chemicals everyday.

True False

COURSE -5

Environmental Issues

(One Credit Hour)

Course Outline:

- Course Learning Objectives
- Course Overview
- Odor Control
- Indoor Air Pollution
- Florida Clean Indoor Air Act
- The Legislative Intent
- Chemicals
- Fire Hazards Protection
- Fire Extinguishers and Proper Usage
- Emergency Fire Exits
- Fixed Extinguishing Systems Rules
- Tanning Beds
- Cleanliness and Appearance
- Chemical Burns

Course Learning Objectives:

The purpose of this course and the outcome expected is for participants to develop competent understanding of:

- Air purification and air purification devices
- Be able to manage odor control in the salon.
- The Florida Clean Indoor Air Act, and the legislative intent.
- To properly identify common salon chemicals
- Know how to safely store chemicals in the proper containers.
- To realize the importance of knowing the location of the salon fire extinguishers
- Comprehend how to use fire extinguishers
- Gain an appreciation for salon cleanliness and appearance
- Learn the regulatory information regarding Tanning beds.
- How to follow practice and procedures for minor chemical burns.

Course Overview: This course addresses issues that impact our environment. In this course we cover the purification of air in the salon, including the advantages of exhaust systems in providing odor control. The course will further discuss chemicals, chemical storage, use of fire extinguishers, and treatment of minor chemical burns. It will provide information on tanning beds, the governing regulatory administrations, and their standards of cleanliness for tanning beds. Additionally, the appearance and cleanliness of a salon and the salon professional are summarized. Finally, "The Florida Clean Indoor Air Act" and the intent of the lawmakers who passed it will be examined.

Air Purification and Air Purification Devices

As a licensed Salon Professional, you are accountable not only for protecting the public while practicing in the profession, but for the safety of yourself and your co-workers as well. You are responsible for following the laws and regulations that protect the environment around you. In today's salon, one of the environmental issues with which we are confronted is ventilation, especially in a full service salon where nail services are provided. It is possible to offend the clients with the strong odors and fumes given off by many of the products used every day in the salon. To help keep irritating odors down to the lowest possible level in the work area, it is good practice to keep the salon at a cool temperature and leave a fan on to improve the air circulation.

The use of an air purifier is recommended. An air purifier works by removing dusts and vapors from the air and trapping them in an internal filter system. Any type of air purifier or circulation device can improve the air quality in the salon. An air purifying device can completely solve most problems as it removes and captures impurities in the air. It also has many special filters that can assist in the purification process. There are several different types, from the HEPA activated carbon filters to charcoal filters that are small enough to fit on a shelf. To decide on a size is contingent upon the amount of filtering you need to provide for a given space. Each of these different filtration device products comes with a manual containing specifications and the manufacturer's recommendations.

Exhaust systems are also a good idea in that they remove the air from the room and release it at another location, preferably outside, doing away with expensive filters and cutting down on maintenance. As with any system that would help clean the air, it must be used in good working order to improve your air problem. When using acrylic products, you may need an additional filtering system to remove the fumes created.

Odor Control

In today's industry, with a combination of chemicals being used in a salon setting, odor control is key. Special precautions should be taken so that the irritating and obtrusive fumes created in salon services do not infiltrate the salon.

1) Nail services should be performed in a closed room with adequate ventilation, whenever possible.

- 2) All cotton balls, paper towels, non-sanitizable files, and other disposable products should be placed in a sealed plastic bag before being properly disposed of as waste.
- 3) All washable towels must be replaced after each client. Soiled towels should be placed in a sealed container until they are cleaned or washed.
- 4) All containers used should be properly sealed when not in use.

Note: Following these procedures will help to control odor in the salon.

Indoor Air Pollution

Indoor Air is the air that everyone breathes while inside. Indoor air quality may be an important environmental concern today. The particles in the air within our homes and offices can drastically affect your health. Tobacco smoke; asthma triggers, carbon monoxide and radon can cause this air to become harmful.

Tobacco smoke contains more than 4,000 chemical substances, 40 of them are known to cause cancer. Asthma triggers are usually small pieces of animal skin, mold, dust mites and cockroaches in the air that cause allergies. Some fumes from household products can also be asthma triggers. Carbon monoxide is an odorless, colorless gas that comes from burning kerosene, coal, oil or wood that usually comes from faulty gas or water heaters and furnaces. And Radon, An odorless and tasteless cancer-causing gas, coming from soil and rock underneath your home that seeps into your home from below ground causing damage to your lungs and even cancer. These are just a few sources of indoor air pollution, which can be responsible for a variety of unpleasant problems, ranging from infection and product contamination to reduced food shelf life and foul odors are caused by smoke, mold and mildew. While some of the indoor pollutants are easy to see and smell, others are difficult, if not impossible, to detect. Such environmental problems can have serious negative health consequences.

Cosmetology workers are exposed daily to an array of potentially hazardous compounds associated with nearly every hair and nail care service they provide. Many of these chemicals used are highly volatile, and salons are often poorly ventilated. Furthermore, the presence of numerous chemical compounds in beauty salons is likely to be continuous and mixed, the chronic effects of which are largely unknown. Clearly, the combination of hazardous chemicals, lagging regulatory standards and enforcements, predominance of minority populations with attributes that may further compromise their breast cancer risk and outcome (including language underscore a needed focus on this workforce as a special population with emerging health needs. Ventilation systems that are up to date and that are maintained properly can help reduce some of the toxic fumes in the salon.

Florida Clean Indoor Air Act

Chapter 386, Florida Statutes “The Florida Clean Indoor Air Act” was enacted in 1985. The Florida Clean Indoor Air Act

protects people from the health hazards of secondhand smoke exposure by ensuring that smoke-free workplace policies are enforced.

The Legislative Intent

The purpose of this act is to protect the public health, comfort, and environment by creating areas in public places and at public meetings that are reasonably free from tobacco smoke, providing a uniform statewide maximum code. This should not be interpreted as a requirement for the designation of smoking areas. However, it is the intent of the Legislature to discourage the designation of any area within a government building as a smoking area.

Indoor air-quality was further addressed with the creation of the Department of Health Indoor Air Quality Program, which was started in 1994. Its’ goal is to improve the health of Floridians by reducing exposure to indoor air contaminants. The primary function of this program is to provide support and expertise to Floridians with indoor air problems in residences, schools, salons and public facilities.

The following are examples of some places the Department of Health has treated as enclosed indoor workplaces:

- Public & Private Workplace
- Tenant Building
- Shopping Mall
- Child / Adult Care Center
- Convenient Store
- Beauty / Barber Shop
- Public Library
- Auditorium / Theater
- Health Care Facility
- Educational Facility

DBPR shall enforce the FCIAA in the following workplaces:

- Restaurant Bar & Lounge
- Package Store w/lounge Dog Track
- Billiard VFW
- Bowling Center Elks Lodge
- Bingo Hall American Legion
- Casino Ship Eagles
- Adult Arcade Moose Lodge
- Hotel & Motel Jai Alai
- Horse Track

During inspections, DOH personnel shall document all observed violations of the Florida Clean Indoor Air Act (FCIAA)

Chemicals

When working in a salon setting, you will come in to contact with a large variety of chemicals. Even while using the chemicals safely you could unintentionally create hazards. For this reason it is important to be aware of all information with regards to safely handling and properly storing products that contain these chemicals. A good start is to make sure you ask your product distributor for the MSDS sheets containing information connected with those products. After acquiring the products, a first good step is to assemble your

MSDS sheets into a folder or binder for easy access and future reference should the need arise. Also, most salons buy products in bulk and, in doing so, you should make sure you have adequate room to store them. The storage area should be adequately ventilated and not subject to extreme heat or cold. Also be certain that when using these chemicals you close them tightly to prevent spillage during the course of the day. In case of emergency you can refer back to the MSDS sheets. Store products in a well-organized fashion so that products are not easily confused. If you transfer a product out of the original container to another container, make sure the new container is properly labeled for quick and easy identification.

Fire Hazards Protection

Employers should train workers about fire hazards in the workplace and about what to do in a fire emergency. Employers should train employees on how to escape a possible fire

Fire Extinguishers and Proper Usage

Some cosmetic products are flammable or create conditions where fire can occur if there is a spark or open flame. It is always important to read the label warnings on all chemical products used in the salon. It is equally important to make sure your salon has a sufficient number of properly inspected fire extinguishers available in case of a fire. All employees should know the location of the fire extinguishing equipment and how to use the equipment properly. It is important to note not all fire extinguishers can be used on any type of fire. There are 3 basic types of fire extinguishers each of which have somewhat different instructions. The instructions are displayed on the fire extinguisher canister. Look before you use on a fire. It can be hazardous to use the wrong type fire extinguisher on the wrong type fire. The instructions are both text and pictorial and always remember to completely extinguish the fire so it does not rekindle. Chances are that the fire extinguisher once used will not contain enough material to extinguish the fire a second time. For this reason put the fire out completely the first time and always call the Fire Department.

Emergency Fire Exits

Every workplace must have enough exits suitably located to enable everyone to get out of the facility quickly. Considerations include the type of structure, the number of persons exposed, the fire protection available, the type of industry involved, and the height and type of construction of the building or structure. In addition, fire doors must not be blocked or locked when employees are inside. Delayed opening of fire doors, however, is permitted when an approved alarm system is integrated into the fire door design. Exit routes from buildings must be free of obstructions and properly marked with exit signs.

Develop an emergency action/fire prevention plan. Not every employer is required by OSHA to have an emergency action plan but establishing one for your particular workplace is a good rule to follow.

Fixed Extinguishing Systems Rules

Fixed extinguishing systems throughout the workplace are among the most reliable fire fighting tools. These systems detect fires, sound an alarm, and send water to the fire and heat. To meet OSHA standards employers who have these systems must:

- Substitute (temporarily) a fire watch of trained employees to respond to fire emergencies when a fire suppression system is out of service.
- Ensure that the watch is included in the fire prevention plan and the emergency action plan.
- Post signs for systems that use agents (e.g., carbon dioxide, Halon 1211, etc.) posing a serious health hazard.

Tanning Beds

Salons can also offer use of tanning beds in addition to their other services. Bear in mind that customers coming in to use your equipment don't always have safety on their minds. So you should always keep the beds in good working order by using the correct bulbs and changing them according to the manufacturers' specifications. Sanitizing and disinfecting is a must after each use of the bed, to keep your clients safe. Tanning facilities must only allow customers to tan once within a 24 hour period. Tanning beds are inspected by the Department of Health, which also requires continuing education for their use. Florida tanning facility operation requirements are found in Chapter 64E-17, Florida Administrative Code and 381.89, of the Florida Statutes.

Cleanliness and Appearance

The Cleanliness of the Salon is always important. The time and money to maintain your salon and equipment are wisely invested since first impressions are always important to your customers. Your equipment and appliances should always have a clean appearance and be in good working order. Cords shouldn't be frayed and should remain out of the way of others, for your safety as well as theirs. Always read the manufacturers specifications and instructions on how to use, clean, and maintain the equipment. With the use of a UL tested surge protector, a number of appliances may be plugged into one outlet for use at the same time. Sanitation and disinfection should continually be practiced. Keeping things clean, sterile, and properly stored will not only save you a lot of time at the end of the day, but will also aid in the safety of you and your clients.

Neatness is paramount in your appearance as well as your work area. This will benefit you as well as your client.

Chemical Burns

Chemical burns occur periodically in the distribution of treatments. In order to avoid these problems always follow manufacturers' instructions. If this does occur, and it will periodically, follow basic first aid procedures. Remember that you must have a first aid kit on the premises at all times. Having a first aid kit available is a must in every salon. Keep it up to date and always be sure to replenish the contents when necessary.

When specialist give light superficial peels it is always possible that a chemical reaction will occur. Again, always follow manufacturers' instructions for all products used and be aware of reactions and their side effects. Remember that every burn is treated differently and you should use great caution when treating chemical burns. It is important that professional medical care sought by clients who have experienced a service-related burn.

We have provided a checklist for you to use in your workplace. Taking these basic steps will facilitate in the quality of health for you and your customers.

- Do not allow smoking anywhere in the salon.
- Always wash your hands before touching any types of food, eyes, mouth, or other clients.

- Empty your trash on a frequent basis. This will avoid a build-up of vapors or possible contaminants.
- Label all containers. This will avoid possible contamination.
- Store all products in a cool dry area, some products are highly flammable and could ignite if exposed to heat.
- Keep all products containers closed and sealed when not in use.
- Avoid skin contact with acrylic liquids, wraps, adhesives, etc.
- Have an action plan ready to deal with accidents.
- Keep emergency numbers posted by the phone.
- Know the location and type of fire extinguishers in your workplace.

Major Indoor Air Pollutants in Facilities: Health Effects and Sources

Contaminants	Health Effects	Sources
1. Combustion Processes Carbon monoxide Nitrogen oxide Particulate materials	Eye, throat and respiratory system irritations Fatigue Shortness of breath Headache Nausea At higher levels – death	Cigarette smoke Gas ranges Auto, truck, bus exhaust (operating in loading areas or adjacent to buildings)
2. Volatile Organic Compounds (VOCs)* Over 1,000 observed Two of the most common – benzene and chloroform – are carcinogenic Other examples: ethyl and methyl alcohol	Irritation of eyes and upper respiratory tract Some VOCs may be carcinogenic or have reproductive effects	Building materials Solvents (cleaners, glues, printing presses, copiers, white-out, rubber cement) Printed documents Vinyl Caulking Paints Adhesives Cosmetics Telephone cable Felt tip pens
3. Bioaerosols (Biological agents) Airborne matter of microbiological origin from viruses, bacteria, fungal spores, protozoans, algae, pollen, mold and dust mites	Three Types of Effects: Infections: Viral and bacterial disease (like Legionnaire's Disease) Immunologic Reactions: Allergic rhinitis Asthma Humidifier fever (flu-like) Hypersensitivity pneumonitis Skin reactions Reaction to Toxins: Microorganisms produce chemical toxins such as aflatoxin, penicillin, and trichothecenes. The effects of inhaling these potent substances are currently under study.	Humidifiers Flush toilets Ice machines Water accumulation in air conditioners Water towers Mildewed papers Infected individuals Water-logged carpets, walls and furniture

5 - Environmental Issues Learning Assessment

23. Tanning beds must be sanitized and disinfected once a week.
True False
24. Air circulation and filtering can help keep odors down.
True False
25. It is a good idea to keep the MSDS sheet in a book that can be easily located.
True False
26. None of the products used in a salon are flammable.
True False

COURSE - 6

Chemical Makeup

(Two credit hours)

Course Outline:

- Course Learning Objectives
- Course Overview
- Chemical Makeup
- pH Facts
- The pH of Hair, Skin and Nails
- Acids & Bases
- Skin and Skin Care Products
- Nails and Nail Extensions
- Chemicals - MMA and the Salon Professional
- Methyl Methacrylate Liquid Monomers
- MMA – Monomer vs. Polymer Powders
- MMA in the Salon
- MMA Product Detection
- Hair and Disorders of the Hair and Scalp
- Conditions Affecting the Nails
- Pathology of Hair, Skin and Nails
- Skin Disorders
- Hives (urticaria)
- Psoriasis
- Growths and Tumors
- Acne
- Skin Cancer
- The Three Types of Skin Cancer
- Dermatitis
- Skin Disorders Common in Children
- Skin Infections
- Bacterial Fungal and Viral Infections
- Permanent Waving
- Hair Coloring and Hair Bleaching
- Chemical Hair Relaxing
- Ammonium Thioglycolate
- Neutralizer
- Sodium Hydroxide
- Chemical Makeup Learning Assessment

Course Learning Objectives:

Upon completion of this course the participant should have a competent understanding about:

- The facts about pH and how to determine pH
- How the pH scale pertains to skin, hair, and nails
- Acids, what they are and their effects
- Bases, what they are and their affects
- Identify the chemical makeup of skin, hair and nails
- The functions of the skin, and skin facts
- The composition of nails, how they are formed and nail care

- The composition of hair, how it is formed, waving, coloring and bleaching
- MMA law regarding professional nail products
- The anatomy of skin, hair and nails
- The pathology of hair, skin and nails
- Skin Disorders
- Sodium Hydroxide
- Ammonium Thioglycolate
- Neutralizer

Course Overview: This course explains pH and what it determines, its relation to the skin and hair, correspondingly the relation of pH to products used in the salon. Covered in this course includes details regarding acids and bases, the relationship between acids and bases, as well as, facts about skin and its function. Additionally, this course looks at the composition of nails, the composition of hair, hair care, and chemical treatment for the hair. This course also explains the uses of sodium hydroxide, ammonium thioglycolate and neutralizer.

Chemical Makeup

The Salon Professional is responsible for the care and treatment of their clients. Understanding the chemical effects of products when used both correctly and incorrectly, and how to reverse the effects of undesired results, is valuable to know when working in the beauty industry. To do this you need to understand chemicals and chemical changes. Chemical changes occur when the chemical nature of one or more substances is permanently altered, producing an entirely new substance.

pH Facts

pH is a unit of measurement. The potential hydrogen pH of a liquid refers to its degree of acidity or alkalinity, pH numbers measure the amount of acid or alkali in water based solution. The pH scale is logarithmic which means each step or number increase by multiples of 10. This is important to understand, as a small difference in pH can be harmful to your client. The pH scale ranges from 0 – 14, with 7 being neutral. The lower the pH, below 7, the stronger the acidity; the higher the pH above 7, the higher the degree of alkalinity. Battery acid is lowest on the pH scale, being the strongest acid. Lye has the highest number on the alkalinity side.

There are some services such as permanent waves and tints that rely on high pH chemicals while other products and services are specifically formulated to fall in the acid range on the pH scale. Shampoos range from 6 to 10.5. Neutralizers range from 5 to 10. Hair softening products run from 6 to 9.6, and depilatories are strongly alkaline at 11.5.

The pH of Hair, Skin and Nails

On the pH scale hair, skin and nails falls on average between 4.5 and 5.5. What this is measuring is not the pH of the actual hair, skin and nails, but of the protective film of oily acidic secretions which coats and lubricates the surface of the skin, hair and nails. This combination of oils and water-soluble materials is referred to as our acid mantle. The acid mantle is produced by the skin system so the coating on the hair and nails comes from the skin. As an example, the average pH on the surface of the scalp is 4.8; however, as we measure the pH on the hair at further distances from the scalp the pH value increases. This shows that less of the acid mantle reaches the ends of longer hair. The scalp's oils keep the hair lubricated and shiny. The scalp's acidity keeps the fiber compact and strong. Products with a pH of 4.5 to 5.5 are compatible with the natural biology of the hair and scalp. These products maintain a mildly acidic environment, which closely resembles the environment of our acid mantle. These type products are given the familiar term "acid balanced." Conversely high pH products such as alkaline permanent wave or tints when applied to the hair is absorbed through the cuticle layer into the inner layer of the hair called the cortex. The high pH causes the cortex layer to swell. This swelling forces the rigid cuticle layers to be stretched. The hair is in a very delicate condition now and vulnerable to excess stretching and breaking. This condition is necessary for permanent waves to successfully curl the hair and for tints to deposit color molecules into the cortex for lasting color. Therefore, a high pH is essential for some chemical services to work properly.

Acids

Acids are substances containing hydrogen and a non-metallic element such as nitrogen or sulphur. An acid solution will turn blue litmus paper red. (Litmus paper is treated with a chemical that reacts to acids and bases by changing colors.) Some well known acids include hydrochloric acid, sulphuric acid, nitric acid and acetic acid.

Bases

Bases, also known as alkaline, are substances containing hydrogen, oxygen, and a metal such as sodium. They are bitter to the taste, soapy to the touch, and in solution will turn red litmus paper blue. Sodium hydroxide and potassium hydroxide are common bases used in the manufacturing of soaps. Salts are formed by the addition of acids to bases. Water is also formed in this manner because of the natural alteration of hydrogen and oxygen.

Some common salts are sodium chloride, magnesium sulfate, and potassium nitrate.

Skin

The skin is the largest organ of the body. It has three divisions, the epidermis, (which is the outside layer), the dermis— (also called true skin), and the subcutis (also called the subcutaneous or adipose layer). Skin varies in thickness. The thinnest can be found on the lips and eyelids. The thickest are on the palms of the hands and soles of the feet. Skin will toughen by exposure. Friction and pressure will cause it to increase its thickness. Warmth will cause it to relax and cold will contract it.

Skin Care Products

There are many products available to estheticians for the care and beautification of skin. They cover all types of skin from oily to dry to combinations. Cleansers come in both milk-type cleansers and rinseable detergent-type foaming cleansers. Toners include clarifying lotions, fresheners and astringents. Day creams are most often moisturizers containing various levels of sunscreen. Night treatments are fluids providing hydration to adult skin. Exfoliates are water-based products with a humectants mixed with some sort of abrasive agent such as almond meal or polyethylene granules. Exfoliates are used to remove dead skin cells from the top layer of skin.

Nails

Your fingernails and your toenails consist of protective plates covering the top surfaces of the last bone joint of each finger and toe. Just like hair, they are composed of horny epidermal cells, which, instead of being shed separately in the form of flakes, as in the case of skin, are first, built up into a definite protective structure.

Nail Extensions

Nail extension products have quickly entered the industry and provide the consumer with long, well groomed nails. They last longer than the natural nail but, along with this fast growing art, the risk of getting a fungal infection of the nail bed has emerged. Extreme care must be given to the maintenance of these artificial nails to protect the client against the danger of infection. The technical process to produce these types of nails is a very complex one, which includes polymerization or conolymerization of monomers in the presence of a polymer, a catalyst, and a polymerization promoter. A monomer— a molecule with a low molecular weight is able to react with other molecules of low weight to create a polymer. A polymer is any of two or more compounds joined together. A plasticizer, an opacifier, a pigment, and filler may also be included. Artificial nails were developed from the materials used by dentists. The basic ingredients include a vinyl compound (methyl methacrylate), a catalyst, and a plasticizer.

You must always be very thorough in sanitary practices in this part of your work. Infection may occur at any time

from a pricked or cut finger. Diseases may be transmitted by close contact between manicurist and client. Proper sanitation of the hands is absolutely necessary. All implements must be disinfected after each use. The manicurist must never give a manicure where a slight infection is noticed.

Chemicals - MMA and the Salon Professional

It is important for all salon workers, not just for the nail technicians, to be aware of the dangers from the use of MMA (methyl methacrylate) monomer and its dangers to the skin and nail.

Methyl Methacrylate Liquid Monomers

In years past, methyl methacrylate (MMA) was a routinely used ingredient in professional nail products. These products were often referred to as “dental acrylics” or “porcelain nails”. However from the start there seem to be serious problems resulting from the use of MMA. The Food and Drug Administration (FDA) had received so many complaints related to the use of MMA that in the late 1970s, the FDA was forced to take action against a number of the manufacturers of these products.

MMA-related complaints ranged from skin allergy to permanent loss of the nail plate. It can also cause loss of sensation in the fingertips. As the problem became more serious, the FDA warned manufacturers the further use of MMA in nail enhancement products formulated with MMA were considered too dangerous for use in the beauty industry.

In 1972 MMA gained further notoriety when the Food and Drug Administration (FDA) deemed it a “poisonous and deleterious” ingredient when used in liquid monomer and got a court ordered injunction prohibiting a particular nail product manufacturer from selling MMA monomer. These actions by the FDA sent MMA into the underground industry. In 1996, the FDA restated its position and opposition to the use of MMA.

MMA – Monomer vs. Polymer Powders

Nail technicians who are aware of the dangers of MMA are often confused when they discover that some acrylic powders contain this ingredient. The problems described above do not apply to the use of MMA polymers. In the fully polymerized and solid form, the substance is considered safe. When MMA is converted into a polymer, it is called “poly methyl methacrylate,” or PMMA. In the polymer form, PMMA is chemically identical to Plexiglas or Lucite and is considered safe for use on natural nails.

MMA in the Salon

Why do Salons still use MMA? MMA is popular because it sets up fast and adheres like no other product can or should. Above all, it is cheap. You can purchase a gallon at a fraction of the cost of the name brand ethyl methacrylate monomer. MMA nails bond so firmly to the

natural nail and are so hard that instead of snapping safely off the natural nail when jammed or caught, they hold tight, causing painful breaks and rupture of the natural nail.

Additionally, MMA can cause serious skin reactions and incessant nail damage, not excluding permanent nail loss.

Studies indicate that long-term exposure to the nail technician and other salon employees can result in permanent damage to the liver and respiratory system.

MMA Product Detection

To determine if a product has MMA as part of its composition here are three simple things to watch for:

- Produces nail extensions that are extraordinarily durable and very hard to file, even with unyielding abrasives.
- Produces nail extensions that will not dissolve for removal in solvents designed for acrylics.
- Exhibits a powerful and peculiar odor that is considerably different than that of other acrylic liquids.

The Nail Manufacturers Council fully supports the FDA’s position and recommends against nail technicians using liquid monomers, which are formulated with MMA. They believe that the significant danger to salon employees and clients makes the use of MMA both unwise and unethical. In their opinion, the health risks and public relations problems created by the illegal use of MMA seriously threaten the entire professional nail industry. Hopefully MMA is not being used in your salon. If you suspect that it is you should learn as much as you can about the dangers and health risks and then make a decision as to whether you want to remain in that environment.

Hair

Hair protects the body from heat loss and ultraviolet rays. The root of the hair shaft is termed the hair follicle. A nerve ending surrounds the bulb of each hair follicle below the skin. Additionally glands secrete an oily substance directly onto the hair follicle, lubricating the hair shaft and providing an acid pH environment that protects the hair. This as in skin is called the acid mantle.

Hair is composed of three different layers; the first is the medulla (the center, the pith or marrow of the hair shaft), the cortex (the middle layer, containing pigment or color), and the cuticle (the outside layer). The chemical composition of hair is 50.65% carbon, 6.36% hydrogen, 17.14% nitrogen, 5.00% sulphur, and 20.85% oxygen. It made up of the protein keratin (also found in skin and nails). The joining of amino acids forms keratin protein. The fact that the acids join at some places along the protein chain makes keratin relatively resistant to change.

Like other mammals, humans are covered by hair. Human body hair is much finer than that of our mammalian counterparts, and is concentrated primarily on

our heads, underarms, and genital regions. Most men, and some women, also have hair on their faces. Each hair grows from an individual follicle that is adjacent to a sebaceous gland. Sebaceous glands produce sebum, which moisturizes skin and hair and is a barrier to toxins. Sebum also manufactures the body's vitamin D, triggered by exposure to the sun

Disorders of the Hair and Scalp

The condition and appearance of the hair and scalp are influenced by many factors, including physical health, nutrition, blood circulation, emotional state, function of the endocrine glands, and medications consumed. Common disorders of the hair and scalp include vegetable and animal parasitic infections, staphylococci infections, which cause furuncles (boils), and the following conditions, which may affect the hair follicles and/or sebaceous glands.

Alopecia is the formal term for any abnormal hair loss. It should not be confused with natural hair loss, which occurs when the hair has grown to its full length, falls out, and is replaced by a new hair. Alopecia senilis is hair loss associated with old age, alopecia prematura may occur any time before middle age, and is characterized by slow thinning over time.

Alopecia areata is relatively sudden, patchy hair loss, including the spotty baldness that is associated with anemia and typhoid fever, among other conditions. Tension alopecia is caused by tight braiding or hairstyles that pull the hair's roots.

Canities is the formal term for gray hair, which is caused by the loss of pigment. Acquired canities is usually associated with aging, while congenital canities, a condition existing at birth, includes albinism.

Dandruff (or *pityriasis*) is a condition in which small white flakes or scales appear on the scalp and hair. Excessive dandruff can lead to baldness, if the condition is severe and neglected. Dandruff may be due to microbial infection, poor circulation, nerve stimulation, or diet, and may be associated with specific shampoos, or insufficient rinsing of shampoos. Pityriasis capitis simplex, or dry type dandruff is characterized by an itchy scalp and white scales scattered throughout the hair. Pityriasis steatoides, a greasy or waxy type of dandruff, is characterized by a scaly skin surface mixed with sebum, and may include bleeding or oozing of the sebum when scales tear off. Refer the client to a physician for medical attention. Dandruff is considered contagious and may spread through the common use of brushes, hair clips, or styling implements.

Fragilitas crinium is the formal term for brittle hair, which may include split ends. Conditioner may improve hair flexibility.

Hair loss occurs naturally as part of hair growth and regeneration. In women, childbirth, stress, crash dieting,

emotional stress and shock can cause greater than normal hair loss, though it is usually temporary. Some older women experience female-pattern hair loss with thinning of the crown and hairline.

Hirsutism (or *hypertrichosis*) is excess hair on the body. Genetic background and age can impact how much hair a woman has on the cheeks, upper lip, arms and legs. There are a variety of methods to cope with unwanted hair, such as tweezing, waxing, shaving, bleaching, depilatories and electrolysis. Electrolysis is the only permanent hair-removal method, and is typically among the most expensive and time-consuming means of removal.

Monilethrix is the formal term for beaded hair, which breaks between the nodes or beads. Hair and scalp treatments may prove helpful.

Tinea capitis (ringworm) is a fungal infection that forms a scaly, ring-like lesion on the scalp. It is highly contagious.

Trichoptilosis is the formal term for split ends.

Trichorrhexis nodosa, or knotted hair, is characterized by dry, brittle hair with nodular swellings along the length of the hair shaft. Hair breaks easily, but condition may be remedied somewhat by conditioners.

Conditions Affecting the Nails

While many harmless nail irregularities can easily be corrected through cosmetic treatment, be sure to refer any condition associated with pain, infection, or irritation to a physician for consultation and treatment. Nail technicians should never treat nail disorders, but should be able to recognize and distinguish between normal and abnormal growth of the nail. Common disorders affecting the nail include bacterial, fungal, yeast, and viral infections; paronychia, infection of the nail fold; disorders associated with specific skin diseases (like psoriasis); and nail injuries, which sometimes lead to nail malformation as the nail grows back.

For further information regarding the following nail conditions, refer to these web sites and the resources listed at the end of this course book:

Pathology of Hair, Skin and Nails

The term "pathology" refers to the study of disease, including its nature and origins, as well as its effect on the structure and function of the body. A closely related subject is etiology, which investigates the causes or reasons for disease. This chapter reviews diseases and other common conditions of the skin, hair and scalp, and nails, which are all part of the integumentary system. The information presented in the following pages will help you develop workplace guidelines for recognizing potential health risks, to determine when and how to proceed with service-or if you should proceed at all. This information is not meant to be used for self-diagnosis or

as a substitute for consultation with a health care provider. If you have any questions or concerns regarding the conditions or diseases described below, consult a health care provider.

Skin Disorders

Common skin conditions include contagious skin disorders, such as herpes or athlete's foot; noncontagious inflammatory skin disorders, such as acne or eczema; neoplastic skin disorders, such as melanoma or psoriasis, and may include skin injuries, such as burns or scars. Use appropriate caution with any unknown condition.

Hives (urticaria)

Hives may appear as a single red welt or as inflammation all over the body, and may take a matter of hours, to days or even weeks, to resolve. Single hives are usually a reaction to an insect bite or other irritant. More widespread outbreaks can be caused by medications like penicillin, or foods like chocolate and shellfish. Stress is also thought to play a part, in some instances, in the development of hives. Keeping a diary of one's diet and medications and noting the timing of reactions can be helpful in identifying the cause of hives. Treatments include antihistamines, lotions, and/or adrenaline injections.

Psoriasis

Psoriasis is a skin disorder that affects over three million Americans, and, like eczema, tends to occur within families. Men and women are equally affected, with Caucasians more likely to have psoriasis than either African or Asian Americans. The condition occurs when the skin cells multiply more rapidly than normal, and move quickly through the dermis, toward the epidermis, where they are shed in scales. There are several theories regarding the cause of psoriasis, which may be due to a genetic component, immune system abnormalities, and/or cellular, biochemical, or metabolic defects. Psoriasis initially resembles red patches on the skin, but develops into sharply demarcated, crusty patches with silvery scales. Knees, palms, scalp, elbows, trunk, soles of the feet and genitalia are common sites for psoriasis. Additionally, the condition can appear on the finger and toenails, causing thickened, discolored nails, or nails that separate from the nailbed. There is no known cure for psoriasis, but existing treatments offer months, or years, of relief from symptoms. Topical medications such as corticosteroids or crude coal tar ointments can be very effective in mild cases, while drugs like methotrexate, etretinate, and cyclosporine can be useful in more severe cases. Non-pharmaceutical methods like UV light therapy may also be effective treatment options.

Growths and Tumors

Benign tumors and growths become more prevalent as we age. Unless they become irritated, most growths and tumors need not be removed, but many individuals choose to do so for cosmetic reasons.

Acne

Acne is caused when skin cells plug a hair follicle. Usually results in blackheads or whiteheads if the plug is near the surface of the skin. Pimples result when sebum forms behind the cell plug, pushing it out of the skin. Hormones, stress, and use of cosmetics may all play a role in the production of acne. Acne can be treated with prescription and non-prescription drugs, depending on the severity of the condition. In some cases, gentle cleansing and a topical benzoyl peroxide solution can be very helpful. In more severe cases, antibiotics or Retin-A can be prescribed by a dermatologist. While often associated with puberty, acne is common in adults of all ages.

Seborrheic keratoses are flat or slightly elevated rough, brown spots on the back, chest, face and arms that can be removed by cryosurgery.

Solar keratoses are flat or slightly raised, red, scaly spots caused by exposure to the sun. These should be removed as they become cancerous more than 20% of the time.

Warts are caused by viral infection. While they can occur anywhere on the body, they appear most commonly on the hands and feet. While they usually disappear on their own, over-the-counter medications, cryotherapy, and other medical interventions can also be effective in their removal.

Skin Cancer

More than 500,000 Americans develop skin cancer each year, with more than 90 percent of these cases occurring on body parts that are commonly exposed to the elements. Fair skin and blue eyes (both characteristics of low melanin production) are associated with increased risk of skin cancer. Skin cancer is also correlated with geographic location, with skin cancer more prevalent among light skinned people exposed to constant high levels of UV radiation, cumulative exposure to the sun, or other sources of UV radiation, such as tanning beds and sunlamps, over many years.

The Three Types of Skin Cancer

There are three types of skin cancer, basal cell carcinoma, squamous cell carcinoma, and malignant melanoma. Basal cell carcinoma, the most common, is slow growing, and rarely invades other tissues. Squamous cell carcinoma is found mostly on areas exposed to sunlight, such as the head, face and hands. It can spread to other parts of the body, so early detection is important. Malignant melanoma is the most deadly form of cancer, with the highest risk of spreading to other parts of the body.

In all three types of skin cancer, the first indicator is usually a noticeable change in a skin growth or the surface of the skin. It can take the form of a new mole, a change in an existing mole, or a sore that fails to heal. A small, smooth, shiny or waxy bump, a red bump that bleeds, or a flat red spot that is rough, dry or scaly can all be signs of skin cancer. Remembering "ABCD" when

evaluating your moles can help you assess whether they might be cancerous. "A" for asymmetry, or irregularly shaped; "B" for jagged borders; "C" for color variations, especially blue-black; and "D" for a diameter greater than 5 mm (the size of a No. 2 pencil eraser). Regularly scan your skin and take note of any changes. Your physician should also scan your skin as a regular part of your physical. Treatments for skin cancer include surgical excisions of the tumor, cryosurgery, topical chemotherapy and laser therapy are some of the treatments available for skin cancers.

Dermatitis

Dermatitis refers to several different itching, inflamed conditions of the skin that are characterized by scaling, swelling, redness, and the formation of papules. Dermatitis can refer to conditions with unknown, as well as known, origins, including those that are a reaction to environmental agents. Dermatitis can be endogenous, caused by a malfunction in the skin, or exogenous, caused by external factors. Examples of both conditions are listed in more detail below.

Atopic dermatitis, also known as eczema, is a hereditary non-contagious condition that may first appear in infancy, and can continue into adulthood. The condition is characterized by extreme dryness, as well as itchy, thick, and cracked skin, occurring in the folds of the body. Lesions resulting from the itchy condition tend to appear on the neck, face, and bend of the knee. In adults, redness and scaling on the hands are common. Exposure to stress, certain medications, and temperature extremes can trigger symptoms, especially in individuals with sensitivities to these exogenous factors. Eczema may also be associated with increased incidence of asthma. Hydrocortisone lotions can treat mild cases, while intermediate or high-potency corticosteroids may be required in more severe cases. Antihistamines are also useful to combat the itching associated with eczema, but may have a sedating effect. Eczema is currently not curable.

Irritant or allergic contact dermatitis is another type of dermatitis that occurs when the skin is exposed to an irritant, such as a powerful household cleaner, or an allergen, like poison ivy. Some common allergens are nickel, used in earrings and jewelry, and many substances used in cosmetics and perfumes. Redness, swelling and itching at the contact site are common symptoms of both irritant and allergic contact dermatitis. Blistering, as well as cracking, dry skin may occur in more severe cases. Children with eczema may have a greater tendency to develop irritant or allergen contact dermatitis as adults. Treatment for contact dermatitis involves identifying the irritant or allergen, and minimizing or eliminating exposure. Topical treatments, as well as antihistamines, can be used to reduce itching.

Seborrheic dermatitis, more commonly known as dandruff, usually appears as an inflammation of the scalp, but may also cause red, scaly patches around the nose,

eyebrows, behind the ears, as well as on the chest, armpits or groin. Dandruff shampoo is usually effective in treating mild cases, but more severe cases may require a dermatologist's attention.

Stasis dermatitis is a kind of dermatitis that occurs primarily in older women who have varicose veins. The constant inflammation of the varicose vein may cause the skin to become thick, scarred, and discolored. Wearing support stockings and elevating the legs can help prevent or alleviate symptoms.

Cherry angiomas are small red bumps on the skin that are usually harmless, but should be removed if they begin to bleed.

Liver spots are flat, light brown or black spots common in fair-skinned individuals over the age of 50 that typically occur on the face and backs of the hands. They are usually harmless, associated with sun exposure, and can be removed by cryosurgery, acid peeling, or electrosurgery.

Moles are fleshy brown or black growths that result from melanocyte overgrowth. Most moles are harmless, but each should be checked, and possibly removed, if changes are observed.

Skin Disorders Common in Children

Babies are born with a skin coating, called vernix, which washes off, but it sometimes causes the baby's skin to peel when exposed to the air. This peeling is normal, and does not require treatment. Bathing the baby a couple of times a week is usually sufficient to keep the skin clean and healthy; more frequent bathing may dry the skin. Be sure to use products specifically formulated for a baby's skin to ensure that they contain no irritating chemicals. Greasy, yellowish-brown patches on the scalp or behind the ears are characteristic of a condition called cradle cap. Washing the scalp with a mild baby-shampoo formula, or rubbing the scalp with baby oil or petroleum jelly, will remove the coating.

Babies may experience persistent or widespread rashes, as well as birthmarks that enlarge or change shape. Pinkish, brown, red, or purple patches on the body have many causes; pink or brown angiomas, or flat red stains, will usually disappear by the time the child is 18 months old. Hemangiomas, or bright strawberry-red marks, grow rapidly but disappear by the time a child reaches age five to seven. Port wine stains may be permanent; consult a pediatrician regarding treatment or removal options. Babies of Asian and African heritage may be born with large blue-gray marks that look like bruises. Called Mongolian spots, they usually disappear by the time the child reaches 5 years of age. Yellow-white spots on the nose, upper lip, cheeks or forehead can be caused by sebaceous hyperplasia, milia, (whiteheads) or miliaria (prickly heat). Sebaceous hyperplasia and milia are caused by enlarged oil glands. Pustular melanosis is a condition with small, quick-drying blisters that leave

spots like freckles. All these conditions require no treatment and will eventually resolve on their own, although prickly heat, as well as other skin conditions, can be aggravated by tight-fitting clothing or abrasive material rubbing against the skin.

Diaper rash is an extremely common condition characterized by a red, spotty rash in the diaper area. Changing diapers frequently, exposing the area to open air as much as possible, and using a cornstarch-based powder should help resolve the condition. If there is no improvement within three or four days, contact a pediatrician. Also consult a pediatrician if a child has red scaly patches on the cheeks, diaper area, or elsewhere, as they may be the result of eczema.

Skin Infections

Many bacterial and viral skin infections initially appear relatively minor and easy to treat, but can develop into serious and even life-threatening conditions if improperly treated.

Bacterial infections

Boils are caused when staphylococcus bacteria infect hair follicles and cause inflammation to the skin. They can be accompanied by fever or fatigue, and present as painful, red and swollen nodules on the skin. They can appear anywhere but are most common on the upper back and nape of the neck. Hot compresses can help bring them to a head, releasing the pus and allowing the infection to heal. For recurrent boils, medical attention is needed.

Cellulitis or erysipelas is also caused by streptococcus bacteria entering the skin, causing an infection of the skin and subcutaneous tissue. Fever, headache and chills followed by a rash with patches of red, swollen, hot skin are characteristic of the infection. Immediate medical treatment is necessary as the condition can be fatal if left untreated. Antibiotics are the most common and effective treatment.

Impetigo is a bacterial skin infection common in babies and young children. Streptococcus bacteria enter through a small cut or bite, causing the infected area to become covered with blisters that form a honey-colored or gray crusty rash on the face, near the mouth and nose. Topical treatments or oral antibiotics may be prescribed, depending on the severity of the infection.

Fungal Infections

A fungus related to ringworm and jock itch causes athlete's foot. The fungus is especially prevalent among adolescents, although people of any age can get it. Over-the-counter and prescription medications are both used to treat fungal infections, depending on the severity of infection.

Yeast infections, or candidal dermatitis, are common among infants who wear diapers, as well as among adolescent girls and women.

Viral Infections

Canker sores, the cause of which is unknown, appear inside the mouth, and can make eating difficult or painful. Antihistamine mouthwashes are available for treatment.

Chicken pox are caused by **herpes zoster**, the virus responsible for shingles in adults. The disease is most common in children, with symptoms including red, itchy blisters and fever. In severe cases, permanent scarring can result from scratching chicken pox. Tingling or pain in the affected area is typically the first sign of shingles. After that, red skin and blistering on one side of the body or face may appear, along a spinal nerve path. Pain can last from two to three weeks, or longer, in some cases. Acyclovir or oral corticosteroids are effective treatments.

Cold sores or fever blisters are caused by the herpes simplex I virus, and are contagious. Sun exposure, stress, and even menstruation can trigger an outbreak. Over-the-counter treatments as well as prescription acyclovir can help treat cold sores.

Herpes simplex virus 2 is a variation of the herpes virus that is usually spread by sexual contact, and is characterized by itching, sores, and rashes, primarily of the genital area.

Measles is no longer prevalent due to the existence of a vaccine; Symptoms include fever, coughing, and a skin rash.

Permanent Waving

Manufacturers have developed their own system of waving the hair based on varying strengths of waving solutions for different hair textures, porosity, and different methods of application. Alkaline waves have a pH of approximately 8.5 to 9.5. The high alkalinity softens and swells the hair fibers, making it easier for the chemicals of the wave to penetrate the hair structure. Because of the high alkalinity, cautious and skillful use of the perm is essential to prevent damage to the hair structure. There are pH-normalizing conditioners that are made to return hair to its natural pH after chemical services. It is a good idea to use one after giving an alkaline permanent wave. Always follow the manufacturer's instructions to achieve the best results. A waving lotion containing thioglycolic acid, ammonia, borax, 93% water, and ethanalamine, or sodium lauryl sulfate, is used to soften the cuticle and penetrates the cortex layer, thereby allowing the hair to be reshaped to the size of the curling rod. Neutralizers stop the action of the waving lotion and re-harden the hair in a curled position on the rod. Chemicals in the neutralizer product can contain sodium or potassium bromate, sodium perborate, or hydrogen peroxide.

Hair Coloring

When high alkaline solutions are used, such as tints and bleaching solutions, they will change the pH of the hair and skin. In this situation, as with alkaline permanent waves, this is desirable.

“Temporary”, “semi-permanent” and “permanent” hair colorings are the three categories to which all hair tints belong. Permanent hair colorings, synthetic organic dyes or, aniline-derivative dyes, are derived from aniline, which is a coal tar product. These preparations penetrate the cuticle and pass into the cortex, changing the melanin pigment. Other types of permanent hair colorings are the pure vegetable dyes, metallic or mineral dyes, and compound dyestuffs. These are combinations of vegetable dyes with certain metallic salts and other dyestuffs. The metallic salts are used as a mordant to fix the color. Compound dyes coat the hair shaft and are progressive in action, rendering the hair unsatisfactory for permanent waving. It is important when providing salon services such as colors or permanent waving, which change the pH, to neutralize any extra alkalinity and bring the pH back to 4.5 to 5.5. This minimizes the swelling, prolongs the quality of the service and strengthens the hair. Remember that pH products work together to assure successful results and beautiful hair. To control damage that might occur from color and perming services finish with products that have a pH lower than 5.5. You use chemicals and products everyday. It is important to know what these products do to the hair and why. The pH scale is a measuring tool that lets us select and control products and services. Knowledge of pH enables you to leave the hair and skin in a natural and healthy condition.

Hair Bleaching

Hair bleaching is the process of stripping the natural pigments from hair. Many products are available on the market today— from off-the-scalp bleach to high-lift-on-the-scalp bleach, lightening and depositing of color. Most manufacturers of hair coloring products have formulated developers to be used with their products. Remember, it is important that you always follow the manufacturer’s instructions, for the product used.

Chemical Hair Relaxing

Chemical hair relaxing is the process of permanently relaxing the basic structure of excessively curly hair so that it takes on a straight form. The basic products used in chemical relaxing are a chemical relaxer, a neutralizer (also know as a neutralizing shampoo, or stabilizer), and a petroleum cream, which must be used as a protective base

for the client’s scalp during a sodium hydroxide chemical relaxing process. The most common relaxing agents are listed below.

This has a softening and swelling action on hair fibers. As the relaxing cream penetrates into the cortical layer, the cross bonds (sulphur and hydrogen) are broken. The action of the comb, brush, or the hands in smoothing the hair while distributing the chemical, straightens and softens hair. Manufacturers vary the sodium hydroxide content from 5-10% and the pH factor from 10 or higher. In general, the more sodium hydroxide used, and the higher the pH, the faster the chemical reaction will take place, with a corresponding increase of danger to damage the hair.

- **Ammonium Thioglycolate:**

Although ammonium thioglycolate is moderately less dramatic in its action than sodium hydroxide, it is also capable of softening and relaxing excessively curly hair in somewhat the same manner.

- **Neutralizer:**

The neutralizer is also called a stabilizer or fixative. It stops the action of any chemical relaxer that remains in the hair after rinsing. At the same time, the neutralizer reforms the cystine (sulphur) cross bonds in their new position and re-hardens the hair.

- **Sodium Hydroxide:**

This has a softening and swelling action on hair fibers. As the relaxing cream penetrates into the cortical layer, the cross bonds (sulphur and hydrogen) are broken. The action of the comb, brush, or the hands in smoothing the hair while distributing the chemical, straightens and softens hair. Manufacturers vary the sodium hydroxide content from 5-10% and the pH factor from 10 or higher. In general, the more sodium hydroxide used, and the higher the pH, the faster the chemical reaction will take place, with a corresponding increase of danger to damage the hair.

6 - Chemical Makeup Learning Assessment

27. Nails consist of protective plates covering the top surfaces of the last bone joint of each finger.

True False

28. An acid would have a number greater than 7 on the pH scale.

True False

29. The Salon Professional is ultimately responsible for the client.

True False

COURSE - 7

Infection Control: Principles and Practice

(Three Credit Hours)

Course Outline

- Course Learning Objectives
- Course Overview
- Sanitation, Disinfection, and Sterilization
- The Responsibility is yours
- Contagious Diseases
- Bacteria and Harmful Bacteria
- Pathogenic Bacteria Classification
- Growth and Reproduction
- Active Stage and Spore-Forming Stage
- Bacterial Infections
- How Bacteria Enter Our Bodies
- Sources of Contagious Bacteria
- Filterable Viruses
- Fungi
- Other Parasites
- Immunity and Human Carrier
- Standard /Universal Precautions
- Expanded or Transmission-Based Precautions
- Sanitation and Disinfection Recommendations
- Sanitizing Hands and Cleaning Agents for Hands
- Cleaning Combs and Brushes
- Sanitizing Combs and Brushes
- Disinfecting Metallic Implements with Chemical Solutions
- Handwashing and Drying — Prevents Infection
- The dangers of not washing your hands
- Proper hand-washing techniques
- Proper hand washing with soap and water
- Hand washing Review
- Proper use of an alcohol-based hand sanitizer
- When should you wash your hands?
- Always wash your hands
- How to Sterilize
- Disinfection with Chemical Agents
- Ultraviolet Ray Sanitizers
- Antiseptics and Disinfectants
- Boric Acid
- Using Chemical Disinfectants
- Other Antiseptics and Disinfectants
- Cleaning Metallic Implements
- Disinfecting Metallic Implements
- Storing Metallic Implements
- Sanitizing Electrodes & Sharp Cutting Implements
- Sanitizing Electric Clippers
- Storing Electrodes and Implements
- Disinfecting Manicure Implements
- Sanitation
- Ventilation

- The Salons Drinking Water
- Florida Administrative Code Salon Rules
- 61G5-20.002 Salon Requirements
- **Sanitation and Infection Control Learning Assessment**

Course Learning Objectives:

Upon completion of this course the participant shall understand the concepts regarding:

- Sanitation, disinfection, sterilization, and contagious Diseases
- Bacteria, harmful bacteria, and pathogenic bacteria classification
- Growth and reproduction of bacteria
- Bacterial Infections
- Sources of contagious bacteria, virus fungi, and parasites
- Human Carriers
- Universal and Standard Precautions
- How to distinguish between disinfectants and antiseptics
- How to sanitize hands and disinfect tools used in the practice of cosmetology
- 61G5-20.002. Florida Administrative Code requirements for salon ventilation and cleanliness.

Course Overview: This course covers the subjects that deal with proper infection control to protect both you and the public. The subjects discussed in this course are sanitation, disinfection and sterilization, of the different types of infectious agents. It defines what bacteria are and reviews the different types of bacteria. The course outlines the growth and reproduction of bacteria, and how bacteria can cause infection. Attention is given to how a person can be a carrier of disease, how to disinfect implements, procedures for disinfecting manicure implements, and the different ways to disinfect with chemical agents. It concludes with the basic rules to follow for a safe salon and, finally, rule 61G5-20.002: ventilation and cleanliness requirement for salons.

Sanitation Disinfection and Sterilization

While we typically note how our doctors and dentists maintain a sterile environment, most of us do not consider that the same standards should be set for those who are digging, filing, and clipping away at our feet and fingernails. Yet, the consequences of an unsanitary salon can be the same as those at any medical facility.

As a Salon Professional serving the public, you will come in close contact with many clients. To avoid the spread of disease-

producing bacteria, it is necessary for you to follow good sanitation and disinfection practices. You should understand the rules and the regulations, as well as the facts pertaining to this subject, for your own protection and for the protection of your clients.

The Responsibility is yours

Before AIDS and hepatitis became household names, the cosmetology and barbering industry were under little scrutiny as risks for spreading infectious diseases. However, since the 1980s, an epidemic of bloodborne diseases has forced a reexamination of the beauty industry. As a Salon Professional, you have responsibilities to the state, your clients, and your profession to learn and to use appropriate precautionary measures and cleaning procedures. You must follow these procedures to protect both you and your clients; reduce the incidence of bacterial, viral, and fungal infection; and prevent the spread of disease. You, your instruments, and workstation by law, must be kept as clean.

The sanitation and disinfection of equipment and surroundings is very important and, in order for you, the Salon Professional to understand how important and necessary it is, you must first study bacteria. You must understand how the spread of disease can be prevented and become familiar with the precautions that must be taken to protect you and the clients' health. It is the responsibility of the salon staff to keep the salon clean and sanitary. It is the responsibility of the individual to keep the instruments that they use compliant with the law. Some states now have consumer complaint forms available online. These forms are quick and convenient to use. They allow the public to communicate possible infractions to the regulating board. A growing number of states are beginning to use electronic complaint forms. Along with the introduction of this method of communication by the consumer will come a scrutiny from the governing boards and, therefore, should aid in an improved salon environment for a growing number of salons. Keeping a clean and sanitary salon will not only protect the client and the salon professional, but it will also ensure the salon professional will not run into troubles resulting from non-compliance with the sanitation laws of the state. The Florida law governing salon sanitation will be discussed later in this course. For now let's take a look at bacteria, the growth of bacteria, and how they reproduce.

Contagious Diseases

The transfer of infectious material causes skin infections, as well as blood poisoning, from one individual to another. Another way which infectious material can transfer is by using unsanitary implements (such as combs, hairpins, brushes, etc.). These tools of the trade can act as a vehicle, being used first on an infected person, and then on another without having been cleaned or disinfected properly.

Bacteria

Bacteria are tiny. They consist of one-celled microorganisms found roughly everywhere. Bacteria are particularly abundant in dust, dirt, refuse, and diseased tissues. Commonly, bacteria are not perceptible except with the aid of a microscope. Just to give

you an idea of the size, fifteen hundred rod-shaped bacteria will barely reach across a pinhead. They will become noticeable when thousands of them grow to form a "colony" and can be seen as a mass. Bacteria are classified as to their harmful or beneficial qualities. It must be kept in mind that not all bacteria are harmful to us. In fact, a great majority of bacteria are helpful and useful. There are two classifications of bacteria:

1. Non-pathogenic organisms constitute the majority of all bacteria and perform many useful functions, such as decomposing refuse and improving the fertility of the soil. To this group belongs the saprophyte, which lives on dead matter.
2. Pathogenic organisms (microbes or germs), although in the minority, produce considerable damage by invading plant or animal tissues. Pathogenic bacteria are harmful because they produce disease. To this group belong the parasites, which require living material for their growth.

Harmful Bacteria

Bacteria are responsible for a large percentage of illness and suffering. For this reason, the practice of sanitation and disinfection is necessary in a salon, barbershop or specialty salon.

Pathogenic Bacteria Classification

As to form or general appearance, there are three major groups of bacteria.

1. Cocci (singular, coccus) are round shaped organisms, which appear singly or in groups:
 - (a) Staphylococci (singular, staphylococcus)—pus-forming organisms which grow in bunches or clusters, and are present in abscesses, pustules and boils.
 - (b) Streptococci (singular, streptococcus)—pus-forming organisms which grow in chains, as found in blood poisoning.
 - (c) Diplococci (singular, diplococcus)—grow in pairs and cause pneumonia.
 - (d) Gonococci (singular, gonococcus)—cause gonorrhea.
 - (e) Meningococci (singular, Meningococci)—cause meningitis.
2. Bacilli (singular, bacillus) are rod-shaped organisms, which vary greatly in thickness. They are the most common and produce such diseases as tetanus (lockjaw), influenza, typhoid, tuberculosis, and diphtheria. Many bacilli are spore forming.
3. Spirilla (singular, spirillum) are curved or corkscrew-shaped organisms. They are further subdivided into several groups. The sub-group of chief importance is that of spirochaete organisms. The spirochaete called *Treponema pallida* is the causative agent in syphilis.

Growth and Reproduction

Bacteria consist of an outer cell wall and internal protoplasm. They manufacture their own food from the surrounding environment, give off waste products, and are capable of growth and reproduction. Bacteria may exhibit two distinct phases in their life cycles—the active stage and the inactive or spore-forming stage.

Active Stage

Bacteria grow and reproduce. These microorganisms live and multiply in warm, dark, damp, and dirty places where sufficient food is present. Many parts of the human anatomy offer suitable breeding places for bacteria. When conditions are as mentioned above, bacteria reproduce at an unbelievable rate. As food is absorbed and converted into protoplasm, the bacterial cell increases in size. When the limit of growth is reached, it divides crossways in half, forming two daughter cells. From one bacterium, as many as sixteen million more may develop in half a day.

Spore-Forming Stage

When favorable conditions cease to exist, bacteria either die or cease to multiply. Some bacteria can form spherical spores, which have a tough outer covering and are able to withstand long periods of dryness, periods of lacking food, or unsuitable temperature. Examples of bacteria that are capable of such action would be the anthrax and tetanus bacilli. In the spore stage, the spore can be blown about in the dust and is not harmed by disinfectants, heat or cold. When favorable conditions are restored, the spore changes back into the active, vegetative form and again starts to grow and reproduce.

Bacterial Infections

Pathogenic bacteria become dangerous to health only when they successfully invade the body. An infection occurs if the body is unable to cope with the bacteria or their harmful toxins. An infection may be localized, as in a boil, or a general infection (the most dangerous) may result when the blood stream carries the bacteria and their toxins to all parts of the body, which is what occurs in blood poisoning or syphilis. The presence of pus is a sign of infection. Pus contains bacteria, body cells and blood cells, both living and dead. An infection is considered contagious when it tends to spread more or less readily from one person to another by direct or indirect contact. Precautions must be followed to prevent the spread of infection when it is in this contagious stage.

How Bacteria Enter Our Bodies

Bacteria and other infectious agents can enter the body through any of the following routes —

- Through the mouth, by food, drinking liquids, or items placed in the mouth
- Through the nose and mouth when we breathe
- Through the eyes by way of dirt, dirty hands, or unclean objects such as poorly maintained contact lenses; and
- Through breaks or wounds in the skin

Sources of Contagious Bacteria

Unclean hands and instruments that have not been properly disinfected can be sources of contagious bacteria. Open sores and pus, mouth and nose discharges, and the common use of drinking cups and towels are a few other examples. Uncovered coughing or sneezing, and spitting in public can also spread germs. Personal hygiene and public sanitation can prevent and

control many infections. The body attempts to fight infections by mobilizing its defensive forces. The first line of defense is unbroken skin. In a healthy person bodily secretions such as sweating and digestive juices discourage bacteria growth. Within the blood, there are white corpuscles to devour bacteria, and anti-toxins to counteract the toxins produced by the bacteria.

Filterable Viruses

These organisms are so small they will pass through filters. Such diseases as infantile paralysis, influenza, small pox, rabies, and the common cold are examples of viral infection. Rickettsia are microorganisms much smaller than ordinary germs, but are larger than the viruses that cause disease among insects, as well as, man and are responsible for the transmission of typhus fever and Rocky Mountain spotted fever. Insects, ticks, fleas, and lice can transmit and infect people with rickettsia.

Fungi

Fungi are not plants. Living things are organized for study into large, basic groups called kingdoms. Fungi were listed in the "Plant Kingdom" for many years. Then scientists learned that fungi show a closer relation to animals, but are unique and separate life forms. Now,

Fungi are placed in their own Kingdom. Fungi are microscopic and consist of many cells. In this group are included the molds, mildews, and yeast's. Fungi are incapable of manufacturing their own food. Some behave as parasites. These fungi cause diseases by using living organisms for food. These fungi infect plants, animals and even other fungi. Athlete's foot and ringworm are two fungal diseases in humans.

Other Parasites

Protozoa are one celled animal organisms characterized by their distinct nuclei. There are various kinds of protozoa, among which are parasites. Animal parasites consisting of many cells and belonging to the insect class. They are responsible for such contagious infections as scabies, which are due to the itch mite.

Immunity

Immunity is the ability of the body to resist and destroy bacteria once they have entered the body. Immunity against disease is a sign of good health. It may be natural or acquired. Natural immunity is partly inherited and partly developed by hygienic living. Acquired immunity is secured after the body has, by itself overcome certain disease, or when it has been assisted by injections to fight bacteria.

Human Carrier

A person may be immune to a disease and still carry germs that can infect others. Such a person is called a human disease carrier. The diseases most frequently transmitted in this manner are typhoid fever and diphtheria. Physical agents such as heat (boiling, steaming, baking, or burning), and chemical agents such as antiseptics, disinfectants or germicides can accomplish destruction of bacteria.

Standard /Universal Precautions

Although less likely to pose the same degree of risk to exposure than that routinely encountered in a health care facility, the salon is known to have a measurably higher level of risk to exposure from bloodborne pathogens and infectious body fluids, than many other professions. Razors, scissors, neck trimmers, and cuticle nippers, just to name a few, are sharp tools used every day for cutting in the salon and spa environment.

Because of the physical contact with large numbers of the public, the use of sharp cutting tools and the consequential injuries resulting in blood spills, it is imperative that salon professionals learn and practice proper infection control procedures and biohazard practices so they are prepared to safely handle blood spills, and to competently protect against the spread of contaminants, bloodborne pathogens, and subsequent infectious disease.

In order to do this salon professionals use infection control procedures established by the CDC known as Universal Precautions and the newly established counter-part, Standard Precautions. In conjunction with the infection control standards set by the State of Florida approved for salons.

Universal Precautions

Universal precautions are an approach to infection control? Universal precautions, developed by the CDC is defined as a set of precautions designed to prevent transmission of human immunodeficiency virus, hepatitis B virus, hepatitis C virus, and other bloodborne pathogens when providing first aid or health care.

As previously mentioned, in the salon and spa environment accidental cuts from sharp tools and minor accidents cause the occasional need for first aid to be rendered, and for blood to be handled and removed from surface areas where it landed. These type situations produce the majority of the instances in which a salon professional becomes exposed to blood. According to the concept of Universal Precautions, all human blood and certain human body fluids are treated as if known to be infectious for bloodborne pathogens

Standard Precautions

According to the concept of Universal Precautions, all human blood and certain human body fluids are treated as if known to be infectious for HIV, HBV, and other bloodborne pathogens. Universal precautions were based on the concept that all blood and body fluids that might be contaminated with blood should be treated as infectious because patients with bloodborne infections can be asymptomatic or unaware they are infected.

The relevance of universal precautions to other aspects of disease transmission was recognized, and in 1996, the Centers for Disease Control and Prevention expanded the concept and changed the term to *standard precautions*.

The terms are sometimes used in the same context; a likely cause for this is because OSHA's Bloodborne pathogen standard retains the term universal precautions. However, under CDC's definition, "**Standard Precautions**" integrate and expand the elements of universal precautions into a standard of care designed to protect health-care personnel and patients from pathogens that can be spread by blood or any other body fluid, excretion, or secretion.

Standard precautions apply to contact with **1)** blood; **2)** all body fluids, secretions, and excretions (except sweat), regardless of whether they contain blood; **3)** nonintact skin; and **4)** mucous membranes. Saliva has always been considered a potentially infectious material in dental infection control; thus, no operational difference exists in clinical dental practice between universal precautions and standard precautions.

Expanded or Transmission-Based Precautions

Expanded or transmission-based precautions are used to interrupt the potential spread of those diseases that are transmitted by airborne, droplet, or contact transmission such as:

- Tuberculosis
- Influenza
- Chicken pox

They can be spread by:

- Sneezing,
- Coughing
- Contact

Expanded or transmission-based precautions are categorically precautions that are exclusive to the health care and emergency services industry, as the type illness that transmission-based precautions are intended to apply too are readily contagious and, pose a health risk to the public. Persons suffering with such an illness should isolate themselves to prevent others from becoming sick.

As a salon professional it is impossible to know to what degree a customer may be ill. However, there are sanitation laws that apply to the salon and in general, they require that no services be given by or to any person that is ill when the illness is contagious and can be spread to others through casual contact.

As a salon professional, you will never practice transmission-based precautions since law prohibits services is provided to anyone having those types of illness, because of they're potential to spread. If you know that, a customer requesting salon services has an infectious illness you cannot perform the service, it is prohibited by law and is unsafe for you and your customers. Learn how to politely decline, and ask to reschedule the customer for another time. Expanded or transmission-based precautions

Sanitation and Disinfection Recommendations

Universal Barrier protection, personal cleanliness, and proper disinfection are the three "precautions" that make up the meaning of "Universal Precautions." All three methods must be used to be completely effective.

Barrier Protection - Puts a shield between you and your clients.

Personal Cleanliness - Includes washing your hands, keeping your work area clean, etc.

Disinfection - Refers to removing germs from your tools, equipment, and work area.

❶ Hands should be washed before and after client contact, and washed immediately if hands become contaminated with blood or other body fluids. Hands should also be washed after removing gloves.

❷ Gloves should be worn whenever there is a possibility of contact with body fluids. Personal service workers (e.g., hairdressers, barbers, cosmetologists, massage therapists) should wear gloves when waxing, giving manicures/pedicures, facials, tweezing or any other service that could possibly draw blood.

❸ Masks should be worn whenever there is a possibility of splashing or splattering of body fluids.

❹ Both clients and beauty professionals should wear smocks if soiling of clothing or splashing on exposed skin is likely.

❺ To minimize the risks for exchange of body fluids during resuscitation procedures, pocket masks or mechanical ventilation devices should be readily available where these procedures are likely to be needed.

❻ Spills of blood or blood-contaminated body fluids should be cleaned up using a hospital level disinfectant approved by the EPA for use on blood spills.

❼ Beauty professionals, who have open lesions, dermatitis, or other skin irritations, should not participate in direct client contact and services and should never handle contaminated equipment or supplies, such as towels, smocks, capes, or even used cotton strips.

❽ Sharp objects such as shears, razors, nippers, tweezers and needles tend to pose the greatest risk for exposure. Instruments that can penetrate the skin or become contaminated with blood, such as ear-piercing devices; needles used for electrolysis, tattooing, and acupuncture; and razors, cuticle scissors, and tweezers should be disinfected or thrown away after one use.

Use a hospital level disinfectant approved by the EPA to wipe implements with a cutting edge to disinfect contaminated reusable objects, such as shears, etc. The EPA has also listed “Lysol” as a killer of HIV. It can be used right out of the bottle to wipe salon surfaces and floors after they have been treated properly treated with a hospital grade disinfectant.

Sanitizing Hands

As a licensed professional dealing with multiple clients per day, it is necessary to sanitize your hands as much as it is your implements, especially in the nail and facial industries.

Note: A disinfected nailbrush may be used for a more precise cleaning. This must be done before you service each new client. (Remember that cash is one of the dirtiest things you will handle. It is covered with germs that get passed from one individual to another.)

Cleaning Agents for Hands

Cleaning agents assist in the process of removing substances from surfaces. Soaps and detergents are two common cleaning agents that are often confused for one-another, but are composed of very different ingredients and have different cleaning properties. Soaps are the product of a chemical reaction, formed by vegetable oil reacting with lye, for example, and the addition of chemicals that add a desirable smell or quality to the soap, such as glycerin, to make it milder. While soap does not kill microorganisms, soap and water will help remove them from surfaces.

Detergents are manufactured for the express purpose of cleaning specific substances off specific items, and are created using chemicals that can be very harsh to skin. In contrast to detergents that do not leave a residue or require rinsing, soaps leave a coating or residue on the body; typically one designed to make skin smoother or more attractive. Soaps also remove less fat from the skin than detergents, which have a drying quality and may strip the skin. Be sure to use the appropriate cleaning agent for the job. Different cleaning and disinfecting agents have many different properties. Always read the ingredients, instructions, and recommendations for use on the item's label.

Cleaning Combs and Brushes

Remove the hair from combs and brushes. Immerse combs and brushes completely into a bowl of soapy water for several minutes. Clean each comb separately with a small brush. Clean the brushes two at a time by rubbing the bristles against each other. When thoroughly cleaned, rinse combs and brushes in bowl of clear, warm water. Drain off water and remove any adhering hairs.

Sanitizing and Disinfecting Combs and Brushes

How to prepare a chemical sanitizer: Clean receptacle, add soapy water and fill with a sufficient quantity of hospital level disinfectant. Now prepare a bowl of warm water for rinsing purposes. Immerse combs and brushes into hospital level disinfectant according to the manufactures instructions, (usually 20 minutes). Remove combs and brushes, rinse in clear clean water, and dry them thoroughly with a clean towel. When thoroughly dry place the combs and brushes on a clean towel in a dust free place.

Disinfecting Metallic Implements with Chemical Solutions

Prepare a bowl of warm soapy water. Prepare hospital level disinfectant in wet sanitizer or use any other type of disinfectant approved by the State Board. Immerse implements completely in disinfectant solution. If necessary, replace chemical in dry sanitizer. Have ready, a supply of clean towels and individual envelopes.

Handwashing and Drying —Prevents Infection

Hand washing is a simple habit — one that requires minimal training and no special equipment. Yet it is one of the best ways to avoid getting sick. This simple habit requires only soap and warm water or an alcohol-based hand sanitizer — a cleanser that

does not require water. Do you know the benefits of good hand hygiene and when and how to wash your hands properly?

Hand washing is defined as the vigorous, brief rubbing together of all surfaces of lathered hands, followed by rinsing under a stream of water.

Handwashing suspends microorganisms and mechanically removes them by rinsing with water. The fundamental principle of hand washing is removal, not killing.

The amount of time spent washing hands is important to reduce the transmission of pathogens to other food, water, other people and inanimate objects (fomites), such as doorknobs, hand railings and other frequently touched surfaces. Proper hand hygiene involves the use of soap and warm, running water, rubbing hands vigorously for at least 20 seconds. The use of a nailbrush is not necessary or desired, but close attention should be paid to the nail areas, as well as the area between the fingers.

Wet hands have been known to transfer pathogens much more readily than dry hands or hands not washed at all. The residual moisture determines the level of bacterial and viral transfer following hand washing. Careful hand drying is a critical factor for bacterial transfer to skin, food and environmental surfaces.

The drying times required to reduce the transfer of these pathogens varies with drying methods. Repeated drying of hands with reusable cloth towels should be avoided. Recommended hand drying methods and drying times are outlined below:

The dangers of not washing your hands

Despite the proven health benefits of hand washing, many people do not practice this habit as often as they should — even after using the bathroom. Throughout the day, you accumulate germs on your hands from a variety of sources, such as direct contact with people, contaminated surfaces, foods, even animals and animal waste.

If you do not wash your hands frequently enough, you can infect yourself with these germs by touching your eyes, nose or mouth. In addition, you can spread these germs to others by touching them or by touching surfaces that they also touch, such as doorknobs.

Infectious diseases commonly spread through hand-to-hand contact include the common cold, flu and infectious diarrhea. While most people will get over a cold, the flu is much more serious. Some people with the flu, particularly older adults and people with chronic medical problems, such as HIV/AIDS, can develop pneumonia. The combination of the flu and pneumonia, in fact, is the seventh leading cause of death among Americans.

Proper hand-washing techniques

Good hand-washing techniques include washing your hands with soap and water or using an alcohol-based hand sanitizer.

Antimicrobial wipes or towelettes are just as effective as soap and water in cleaning your hands but are not as good as alcohol-based sanitizers.

Antibacterial soaps have become increasingly popular in recent years. However, these soaps are no more effective at killing germs than are regular soap and water. Using these soaps may lead to the development of bacteria that are resistant to the products' antimicrobial agents — making it even harder to kill these germs in the future.

In general, regular soap is fine. The combination of scrubbing your hands with soap — antibacterial or not — and rinsing them with water loosens and removes bacteria from your hands.

Proper hand washing with soap and water

Before servicing any client, the following process of sanitizing your hands should be followed: First, you must have an antibacterial/hospital recommended cleanser. You must use tepid water with a generous amount of cleanser. Place the cleanser in the palm of your hand and rub vigorously to lather cleanser from inside to outside of hands and fingers.

Once the surfaces of your hands and fingers have been cleansed thoroughly, rub the tips of your fingers and nails in the palm of the opposite hand to enable cleansing of the underside of the nails. Then repeat this same process a second time. Be sure to rinse thoroughly after each process. Dry your hands with a paper towel, and be sure to use a paper towel to turn off the water.

Hand washing Review

- Wet your hands with warm, running water and apply liquid or clean bar soap. Lather well.
- Rub your hands vigorously together for at least 15 seconds.
- Scrub all surfaces, including the backs of your hands, wrists, between your fingers and under your fingernails.
- Rinse well.
- Dry your hands with a clean or disposable towel.
- Use a towel to turn off the faucet.

Proper use of an alcohol-based hand sanitizer

Alcohol-based hand sanitizers —, which don't require water — are an excellent alternative to hand washing, particularly when soap and water aren't available. They are actually more effective than soap and water in killing bacteria and viruses that cause disease. Commercially prepared hand sanitizers contain ingredients that help prevent skin dryness. Use only the alcohol-based products.

To use an alcohol-based hand sanitizer:

- Apply about 1/2 tsp of the product to the palm of your hand.
- Rub your hands together, covering all surfaces of your hands, until they are dry.

If your hands are visibly dirty, however, wash with soap and water rather than a sanitizer.

When should you wash your hands?

Although it is impossible to keep your bare hands germ-free, times exist when it is critical to wash your hands to limit the transfer of bacteria, viruses and other microbes.

Always wash your hands:

- After using the bathroom
- After changing a diaper - wash the diaper-wearer's hands
- After touching animals or animal waste
- Before and after preparing food, especially before and immediately after handling raw meat, poultry or fish
- Before eating
- After blowing your nose
- After coughing or sneezing into your hands
- Before and after treating wounds or cuts
- Before and after touching a sick or injured person
- After handling garbage
- Before inserting or removing contact lenses
- When using public restrooms

How to Sterilize

Sterilization is the process of destroying all bacteria, whether they are harmful or beneficial. Here is a list of the most common ways:

- **Boiling-** requires the immersing of towels, linens, or instruments in water heated to 212 degrees Fahrenheit.
- **Steaming-** requires an airtight chamber in which steam is generated from water by the application of heat.
- **Baking-** A method of sterilization rarely used in beauty shops, but employed in hospitals.

Disinfecting with Chemical Agents

- Liquid Disinfectant Mixing a disinfectant with water and immersing the article in the solution, as specified by your State Board of Cosmetology or Board of Health, is the most practical method of disinfecting in salons.
- Fumigation Fumigants in a closed cabinet are used to keep already cleaned and disinfected articles from becoming contaminated.

Ultraviolet Ray Sanitizers

Ultraviolet Ray Sanitizers are permitted to be used as storage for your already disinfected implements but an Ultraviolet Ray Sanitizer cannot be used to disinfect tools or implements because it cannot disinfect. They are not effective against viruses and do not meet the required standards needed. As a result, you should never use Ultraviolet Ray Sanitizers to attempt to disinfect.

Antiseptics and Disinfectants

Antiseptic solutions are weaker than disinfectant solutions. Antiseptics retard the growth of bacteria. They may not kill all the germs, but will prevent them from multiplying. They are gentle enough to be used on the skin. Antiseptics should only be used as sanitizers and are inappropriate to be used to disinfect salon instruments. Disinfectants on the other hand are much stronger and have the ability to destroy bacteria and prevent their multiplication. A germicide is a chemical agent that kills

bacteria. The reason it is required that we sterilize is to destroy bacteria. It is a necessity to destroy bacteria in order to prevent the spread of diseases. This is the way we protect the public and ourselves. Disinfectants and germicides are also antiseptic because they kill germs and retard the growth of more germs. Disinfectants are used to destroy bacteria and are used to sanitize equipment and implements but they should not be used on the skin. Disinfectants must be able to kill viruses, fungus, and dangerous bacteria. Antiseptics, on the other hand, are not as powerful as germicides or disinfectants. Therefore, they cannot be used as a germicide or disinfectant because they are not able to perform the necessary degree of germ killing. Always exercise caution when using any chemical on the skin. Many of the disinfectants and germicides are not manufactured with the intention of being placed on the skin and for this reason should not make contact with the skin. Read the manufacturer's directions and the section on cautions posted on the label or the container, before you use any chemical product.

The Environmental Protection Agency (EPA) oversees the approval of disinfectants. To find an appropriate disinfectant look for an EPA registration number before making a selection. If you do not see an EPA registration number, chances are that is not an approved disinfectant. When choosing a disinfectant for use in your salon, you must choose one that is of hospital quality, so it is capable of killing viruses, dangerous bacteria, and harmful fungus. Both bleach and alcohol have been used as disinfectants in the past. However, this has changed, both of these agents have many disadvantages and they should no longer be used in a salon as a disinfectant. Remember the state requires that you use a hospital level disinfectant.

Many common germicides are extremely poisonous, and therefore should not be used in beauty culture practice. These germicides act differently on different types of bacteria. Each one has been standardized for the concentration that is most effective. Certain germicides, when concentrated enough to be deadly to bacteria, cannot be used safely on the skin. Phenol, or carbolic acid, is a dangerous germicide. Should your skin come in contact with this acid, you should immediately immerse it in alcohol and apply alcoholic dressings. Also, be aware that Formalin is no longer an accepted disinfectant. This type of disinfectant contains formaldehyde, which may be a cancer-causing agent. In addition, Formalin is hazardous to inhale, and may cause various skin irritations.

Using Chemical Disinfectants

Wash all implements thoroughly with soap and warm water. Use final plain water rinse to remove all traces of soap. Immerse implements into wet sanitizer filled with hospital level disinfectant. Remove implements from wet sanitizer, rinse in water, and wipe dry with clean towel. Store disinfected implements in individually wrapped cellophane envelopes or keep them in a cabinet sanitizer until ready to be used.

Other Antiseptics and Disinfectants.

- Lysol: Is a cheap but efficient disinfectant with an agreeable odor. A 10% soap solution is used for cleanses floors, sinks and toilets.

- Iodine: Tincture of Iodine, 2% U.S.P. is a good antiseptic for the skin.
- Hydrogen Peroxide: 3% to 5% solution liberates oxygen for its antiseptic action. It can be used for minor wounds.

Cleaning Metallic Implements

Clean shear blades, wipe razor blades, and clean the prongs of tweezers and ends of clippers. Instruments with a cutting edge should be wiped with hospital level or EPA disinfectant or be immersed in the disinfectant

Disinfecting Metallic Implements

Immerse implements in EPA approved disinfectant solution for 10 minutes. Caution: In disinfecting razors or shears, dip only the blade into the solution. Remove implements and dry thoroughly with clean towel.

Storing Metallic Implements

Place disinfected implements in dry clean covered container or wrap them in individual envelopes until ready for use. As previously, covered, Ultraviolet Ray Sanitizers can be used as storage only for your implements but they cannot be used to disinfect your tools.

Sanitizing Electrodes & Sharp Cutting Implements

- Electrodes: Clean surface of electrodes with warm, soapy water.
- Sharp cutting instruments: Clean the blades with warm, soapy water, making sure the water does not make contact with the pivots of the razors or shears, as these parts of the instruments may corrode. Dry thoroughly.

Sanitizing Electric Clippers

Remove all hair from blades. Dip a piece of cotton pad an approved disinfectant, and rub over the surfaces of the electrodes and cutting blades of the instruments. Re-apply disinfectant. Dry electrodes and implements thoroughly.

Storing Electrodes and Implements

Place electrodes or implements in a clean closed container, or wrap in individual envelopes until ready to use.

Disinfecting Manicure Implements

Pour enough disinfectant into wet sanitizer so that the tip of the implements will be completely immersed. Keep implements in wet sanitizer for the required time as specified by your State Board of Cosmetology. Change disinfectant as directed when it is required. Place implements in dry clean container until ready to be used.

• Nail File

Scrub particles off nail file with brush and warm, soapy water. Immerse file into wet sanitizer for the required time as specified by your State Board of Cosmetology. Dry nail file and keep it in a dry and clean closed container when not in use.

• Emery Boards

Emery boards cannot be disinfected. Always destroy emery boards, cotton balls, and orange wood sticks after each use. They should only be used once and then immediately thrown away.

Additionally nail technicians should disinfect their manicuring table with an EPA approved disinfectant after each client.

Sanitation

Sanitation is the application of measures to promote public health and prevent the spread of infectious diseases. Various governmental agencies protect community health by providing for a wholesome food and water supply and the quick disposal of refuse. These steps are only a few of the ways in which the public health is safeguarded. The State Board of Cosmetology and Board of Health, in each state or locality have formulated sanitary regulations governing beauty shops. Every salon professional must be familiar with these regulations in order to obey them. A person with an infectious disease can be contagious to others. It is for this reason that a salon professional having a communicable disease or illness must not be permitted to handle clients. At the same time, clients having a communicable disease or infectious condition also must not be serviced in the salon. Following this practice protects the salon professional, the client, and the other clients as well, from exposure. In this way the best interests of everyone will be served.

Ventilation

The air within a salon must be circulated and should have some degree of humidity and should not be dry nor should it be stagnant. The room temperature should remain approximately 70 degrees Fahrenheit. Salons may utilize fans, air conditioners, and exhaust fans or devices. The use of this type of equipment provides an increased quality, as well as an increased quantity of air in the salon.

The Salons Drinking Water

The water supplied in the salon and intended for consumption must be odorless, colorless and free from any foreign matter. Crystal clear water may still be unsanitary because of the presence of pathogenic bacteria, which cannot be seen with the naked eye.

Florida Administrative Code Salon Rules

The salon must be well-lighted, heated, and ventilated, in order to keep the salon in a clean and sanitary condition. The walls, curtains, and the floor coverings in all work booths must be washable and kept clean. All salons must be supplied with running hot and cold water. All plumbing fixtures should be sufficient in number and properly installed. The premises should be kept free from rodents, vermin, flies or other similar insects through cleanliness, use of screens, and an exterminator. All hair, cotton, or other waste material must be removed from the floor without delay, and deposited in a closed container. Waste material should be removed from the premises at frequent intervals. Objects dropped on the floor are not to be used until disinfected. Hairpins must not be placed in the mouth, combs must not be carried in the pockets of uniforms, and hairnets must not be carried in cuffs or pockets of the uniform. When giving a manicure, provide finger bowls with individual paper cups for each client. Headrest coverings and neck strips must be changed for each client.

Florida Administrative Code

61G5-20.002 Cosmetology Salon Requirements

(1) Definitions: For the purposes of this rule, the following definitions apply:

(a) "Clean" means the removal of visible debris from a surface such as washing with soap/water.

(b) "Disinfect" means the use of a chemical to destroy potential pathogens.

(c) "Sterilize" means the complete destruction of all microbial life, commonly achieved through the use of heat and/or pressure.

(d) "Wet disinfection container" means a tub or jar with a lid, filled with disinfectant and large enough for all items to be completely immersed.

(e) "Infection control" means the process for reducing the risk of spreading disease causing pathogens.

(2) Prior to opening a salon, the owner shall:

(a) Submit an application on forms prescribed by the Department of Business and Professional Regulation; and

(b) Pay the required registration fee as outlined in the fee schedule in Rule 61G5-24.005, F.A.C.; and

(c) Meet the safety and sanitary requirements as listed below and these requirements shall continue in full force and effect for the life of the salon:

1. Ventilation and Cleanliness: Each salon shall be kept well ventilated. The walls, ceilings, furniture and equipment shall be kept clean and free from dust. Hair must not be allowed to accumulate on the floor of the salon. Hair must be deposited in a covered waste receptacle. Each salon which provides services for the extending or sculpturing of nails shall provide such services in a separate area which is adequately ventilated for the safe dispersion of all fumes resulting from the services.

2. Toilet and Lavatory Facilities: Each salon shall provide – on the premises or in the same building as, and within 300 feet of, the salon – adequate toilet and lavatory facilities. To be adequate, such facilities shall have at least one toilet and one sink with running water. Such facilities shall be equipped with toilet tissue, soap dispenser with soap or other hand cleaning material, sanitary towels or other hand-drying device such as a wall-mounted electric blow dryer, and waste receptacle. Such facilities and all of the foregoing fixtures and components shall be kept clean, in good repair, well-lighted, and adequately ventilated to remove objectionable odors.

3. A salon, or specialty salon may be located at a place of residence. Salon facilities must be separated from the living quarters by a permanent wall construction. A separate entrance shall be provided to allow entry to the salon other than from the living quarters. Toilet and lavatory facilities shall comply with subparagraph (c)2. above and shall have an entrance from the salon other than the living quarters.

4. Animals: No animals or pets shall be allowed in a salon, with the exception of service animals and fish kept in closed aquariums.

5. Shampoo Bowls: Each salon shall have shampoo bowls equipped with hot and cold running water. The shampoo bowls shall be located in the area where cosmetology services are being performed. A specialty salon that exclusively provides specialty services, as defined in Section 477.013(6), F.S., need not have a shampoo bowl, but must have a sink or lavatory equipped with hot and cold running water on the premises of the salon.

(d) Comply with all local building and fire codes. These requirements shall continue in full force and effect for the life of the salon.

(3) Each salon shall comply with the following:

(a) Linens: Each salon shall keep clean linens in a closed, dustproof cabinet. All soiled linens must be kept in a closed receptacle. Soiled linens may be kept in open containers if entirely separated from the area in which cosmetology services are rendered to the public. A sanitary towel or neck strip shall be placed around the patron's neck to avoid direct contact of the shampoo cape with a patron's skin.

(b) Containers: Salons must use containers for waving lotions and other preparations of such type as will prevent contamination of the unused portion. All creams shall be removed from containers by spatulas.

(c) Disinfection: The use of a brush, comb or other article on more than one patron without being disinfected is prohibited. Each salon is required to have sufficient combs, brushes, and implements to allow for adequate disinfecting practices. Combs or other instruments shall not be carried in pockets.

(d) Disinfectants: All salons shall be equipped with and utilize disinfecting solutions with hospital level disinfectant or EPA approved disinfectant, sufficient to allow for disinfecting practices.

1. A wet disinfection container is any receptacle containing a disinfectant solution and large enough to allow for a complete immersion of the articles. A cover shall be provided.

2. Disinfecting methods which are effective and approved for salons: First, clean articles with soap and water, completely immerse in a chemical solution that is hospital level or EPA approved disinfectant as follows:

a. Combs and brushes, remove hair first and immerse in hospital level or EPA approved disinfectant;

b. Metallic instrument, immerse in hospital level for EPA approved disinfectant;

c. Instruments with cutting edge, wipe with a hospital level or EPA approved disinfectant; or

d. Implements may be immersed in a hospital level or EPA approved disinfectant solution.

e. Shampoo bowls, facial beds, and neck rests, clean and disinfect between each use.

3. For purposes of this rule, a "hospital level disinfectant or EPA approved disinfectant" shall mean the following:

a. For all combs, brushes, metallic instruments, instruments with a cutting edge, and implements that have not come into contact with blood or body fluids, a disinfectant that indicates on its label that it has been registered with the EPA as a hospital grade bacterial, virucidal and fungicidal disinfectant;

b. For all combs, brushes, metallic instruments with a cutting edge, and implements that have come into contact with blood or body fluids, a disinfectant that indicates on its label that it has been registered with the EPA as a disinfectant, in accordance with 29 C.F.R. 1910.1030.

4. All disinfectants shall be mixed and used according to the manufacturer's directions.

(e) After cleaning and disinfecting, articles shall be stored in a clean, closed cabinet or container until used. Undisinfected articles such as pens, pencils, money, paper, mail, etc., shall not be kept in the same container or cabinet. For the purpose of

recharging, rechargeable clippers may be stored in an area other than in a closed cabinet or container, provided such area is clean and provided the cutting edges of such clippers have been disinfected.

(f) Ultra Violet Irradiation may be used to store articles and instruments after they have been cleansed and disinfected.

(g) Pedicure Equipment Disinfection:

The following cleaning and disinfection procedures must be used for any pedicure equipment that holds water, including sinks, bowls, basins, pipe-less spas, and whirlpool spas:

1. After each client, all pedicure units must be cleaned with a low-foaming soap or detergent with water to remove all visible debris, then disinfected with an EPA registered hospital grade bactericidal, fungicidal, virucidal, and pseudomonacidal disinfectant used according to manufacturers instructions for at least ten (10) minutes. If the pipe-free foot spa has a foot plate, it should be removed and the area beneath it cleaned, rinsed, and wiped dry.

2. At the end of each day of use, the following procedures shall be used:

a. All filter screens in whirlpool pedicure spas or basins for all types of foot spas must be disinfected. All visible debris in the screen and the inlet must be removed and cleaned with a low-foaming soap or detergent and water. For pipe-free systems, the jet components or foot plate must be removed and cleaned and any debris removed. The screen, jet, or foot plate must be completely immersed in an EPA registered, hospital grade bactericidal, fungicidal, virucidal, and pseudomonacidal disinfectant that is used according to manufacturer's instructions. The screen, jet, or foot plate must be replaced after disinfection is completed and the system is flushed with warm water and low-foaming soap for 5 minutes, rinsed, and drained.

b. After the above procedures are completed, the basin should be filled with clean water and the correct amount of EPA registered disinfectant. The solution must be circulated through foot spa system for 10 minutes and the unit then turned off. The solution should remain in the basin for at least 6 to 10 hours. Before using the equipment again, the basin system must be drained and flushed with clean water.

3. Once each week, subsequent to completing the required end-of-day cleaning procedures, the basin must be filled with a

solution of water containing one teaspoon of 5.25% bleach for each gallon of water. The solution must be circulated through the spa system for 5 to 10 minutes and then the solution must sit in the basin for at least 6 hours. Before use, the system must be drained and flushed.

4. A record or log book containing the dates and times of all pedicure cleaning and disinfection procedures must be documented and kept in the pedicure area by the salon and made available for review upon request by a consumer or a Department inspector.

(4) No cosmetology or specialty salon shall be operated in the same licensed space allocation with any other business which adversely affects the sanitation of the salon, or in the same licensed space allocation with a school teaching cosmetology or a specialty licensed under Chapter 477, F.S., or in any other location, space, or environment which adversely affects the sanitation of the salon. In order to control the required space and maintain proper sanitation, where a salon adjoins such other business or school, or such other location, space or environment, there must be permanent walls separating the salon from the other business, school, location, space, or environment and there must be separate and distinctly marked entrances for each.

(5) Evidence that the full salon contains a minimum of 200 square feet of floor space. No more than two (2) cosmetologists or specialists may be employed in a salon which has only the minimum floor space.

(6) A specialty salon offering only one of the regulated specialties shall evidence a minimum of 100 square feet used in the performance of the specialty service and shall meet all the sanitation requirements stated in this section. No more than one specialist or cosmetologist may be employed in a specialty salon with only the minimum floor space. An additional 50 square feet will be required for each additional specialist or cosmetologist employed.

(7) For purposes of this rule, "permanent wall" means a vertical continuous structure of wood, plaster, masonry, or other similar building material, which is physically connected to a salon's floor and ceiling, and which serves to delineate and protect the salon.

7 – Infection Control: Principles and Practice Learning Assessment

30. Sterilization is the process of destroying all bacteria.

True False

31. It is required by law to use a sanitary towel or neck strip around the client's neck to avoid contact of the shampoo cape with a client's skin.

True False

32. Some viruses are so small they will easily pass through filters.

True False

33. Bacteria are responsible for a large degree of illness and suffering.

True False

34. Pathogenic organisms are harmful because they produce disease.

True False

COURSE – 8

EYE LASH EXTENSIONS SALON SERVICE

(1 Credit Hours)

Course Overview

In this course we will explore one of the fastest growing new beauty services offered in the salon and spa. Originally only found in high end salons and spas, due to its popularity and client demand it is spreading into the average to mid-range salons. It should be noted that this service if done correctly takes a lot of time, and time is money in the beauty industry. If you are not going to give the service the time that it needs to be done correctly, then this is not the service to add to your repertoire of services.

When beauty professionals perform a service poorly with substandard work it gives the service bad press and reduces the value and the demand for the product. Leave it to the professionals that apply the product the correct way. Eyelash extensions demand a high price but look fabulous when done correctly. Eyelash extensions have recently gained a lot of media attention too; they are now at the center of media focus.

In this course information is given on the origin of eyelash extensions, what eyelash extensions are, the various products needed to perform the service, the do's and don'ts of applying extensions, proper client consultation and instructions that need to be covered with your client to extend the life of the service and protect the client from damaging their eyelashes.

Also taught in this course as an important part of offering this service is the anatomy and physiology of the eye, so that an understanding the physiology will aid in proper extension application and prevent blocking of pores and ducts of the eye. Because the biggest problem with the permanent damage that is done to the natural eyelash is cause from premature removal of the natural eyelash in the birth stage of the natural lash the different phases of hair growth are discussed as well. All in all the participant of this course will learn general information regarding the eyelash extension service sufficiently enough to decide if they would like to proceed with more specific training so that they can be qualified to begin offering them as an additional service.

Invest in yourself – Training is Key

Performing eyelash extension services correctly is considerably involved and can only be properly performed with advanced training which this course does

not provide. This course is not designed to prepare the participant with the skill level needed to safely and legally practice applying eyelash extensions without additional formal training. It is important to remember that without additional formal training persons who are not licensed as a cosmetologist or facial specialist have not been trained and are not qualified to apply eyelash extensions. This is primarily because understanding the 3 phases of hair growth are essential to understanding proper placement of the extension so as not to cause damage to the natural lashes. Persons who studied nails only in school, or are hair braiders, hair wrappers, and/or body wrappers have not been trained about the 3 phases of hair growth and therefore can cause permanent damage to the client's natural lashes.

This is the largest issue in the eyelash extension service industry today. Without understand the phases of hair growth you wouldn't even understand that you could cause damage by improperly selecting the wrong hairs to attach the synthetic lash extension to.

Although we will cover the 3 stages of hair growth in this course it is still not in detail and therefore this course is intended to give the participant an overall knowledge about the services with key point details that may give the participant the insight as to whether they would be interested in investing in learning the detailed information necessary to competently and within the boundaries of the laws, provide eyelash extension services in the manner that is discussed in this course elective.

It is essential that licensed salon professionals become properly trained in a formal training program, sanctioned by the Board of Education as such, before they attempt to perform any type personal beauty service that is outside of those which were taught in the school they attended to earn their license or registration originally. Eyelash extensions services, if properly trained and perfected to be performed and given the marketing attention necessary to develop a good client base, can increase a salon professionals earnings, and financial position significantly. As well, it is worthy of mentioning the special satisfaction experienced by providing the client with a lasting improvement in their personal appearance.

For generations roller sets have been the bread and butter of the cosmetologist, and skin specialist and nail specialist have relied on the routine services for which they were taught to perform in school as well. If you really want to ramp up your earnings look around at what is going on out there, what's hot, and get trained. Back in the 80's when hair extensions became big for Caucasian hair the smart beauty school graduate; grabbed on to this top dollar hot new service, they knew that the only way to

compete in the salon with stylist that had been in the business for 20 or 30 years was not going to be by being better, it was only going to happen by being different. By finding new exciting services that brought in high yields and put them on even standing with the seasoned salon professional. This still stands true today. If you can't beat them, change the playing field. Well there are many services that can be learned and in turn offered that can make the licensed beauty professional career more exciting and certainly more rewarding, both financially and also on a personal level. You just need to keep your eye open and get trained, and then push it... and it will happen.

Eyelash Extensions in Hollywood

What are eyelash extensions anyway and why does everyone in Hollywood and their chow get them. Oprah, Naomi Campbell, Nicole Kidman, and Queen B Beyonce just to name a few. It's been reported that Jennifer Lopez has mink lashes bonded to her existing ones. Madonna's are studded with actual diamonds and are rumored to be worth some US\$10,000. Mink lashes are available, but most people for ethical and cost reasons, chose synthetic lashes. Mink sets may cost from \$500.00 and up.

Aren't eyelash extensions just false eyelashes? In the sense that they are artificial only and they are certainly not considered in the same category by the professionals that apply them, if anything they would be more like hair extensions for the eyelash. The approach to applying them as well as the products used, the time involved and the fees charged are wholly different from what is considered the conventional method of applying false lashes and the products used in the service are considerable different and therefore the outcome of the service too is different.

Conventional methods of applying false lashes generally with the intention that the lashes being applied are only going to be worn for the course of the day, or perhaps only for the evening after which they are removed before retiring to bed.

The conventional false lashes are also very different from the eyelash extensions eyelashes. They come in strips that are applied in a one step process, or they are the individual lashes which are not really individual at all considering that each of these type lashes is actually a small bundle of lashes knotted at the base which fans out to approximately 4 to 7 lashes, and although it gives a more natural look than does the strip lashes this type lash still does not totally blend with the natural lash and with a close enough observation it can easily be determined that artificial lashes are attached to the persons lashes.

Although unlike conventional false eyelashes, eyelash extensions are synthetic single fiber polyester thread-like

materials that are applied to individual eyelashes to create a fuller, longer look. Eyelash extensions are designed and weighted to bond to a single natural lash, one fiber to one natural lash. The adhesive used is surgical-grade. This type of eyelash enhancement is not the same as department store strip lashes. Extensions come in various lengths, colors and thickness, and can be worn during sleep, showering and swimming. However, excessive exposure to oil can weaken adhesive bond. Because eyelash extensions differ from "fake" or "false" eyelashes in that they are applied one extension to one lash, the procedure to attach the extensions takes an average of one and a half to two hours for a full set of extensions of roughly 30-80 lashes per eye. If properly applied with medical grade adhesive, eyelash extensions are designed to bond to the client's own natural eyelashes and to be indistinguishable from them.

Eyelash extensions are one synthetic fiber, attached to one natural lash, and when done correctly you cannot tell them apart even when you get right up on top of it and you know what you are looking for. A well-done eyelash extension placement cannot be distinguished from the natural lash, unless of course you use synthetic lashes with colors.

Another major difference between the temporary false lashes is the bonding agent, which is the lash glue used to adhere the conventional type lashes to the eyelash. With the strip lash only adhesive type glue is used and in most cases it begins as white colored glue, which theoretically becomes invisible upon drying. Whereas the so called individual lashes which again are really a bundle of artificial lashes is routinely applied using a clear bonding agent that dries hard holds much more firmly to the natural eyelash, and promises to remain in place longer than that of the adhesive type glue for the strip lash is able to stay affixed. However the use of this glue can be quite damaging to the natural eyelash because to get the small group of lashes to hold in place it must be attached to more than one of the natural lashes as it is too heavy to stand up and remain in place by attaching the section to a single natural lash. Also the bonding agent that comes with the individual flares when dry is hard and unbending, it is not flexible as is the bonding agent used to attach the eyelash extensions to a single natural lash.

Moreover when this type glue gets wet it is no longer clear, instead it becomes white or whitish as does the adhesive type glue and then it becomes visible and it is then noticeable that the lashes are artificial, which of course is an undesirable outcome, so the wearer tends to pick at the glue or attempts to remove it taking the lash of with the removal of the now apparent glue.

Eyelash extensions are different in that the lash is a single individual lash not a clump, which is attached to a single individual natural lash, with a bonding agent that is formulated for this type application. Bonding agents for eyelash extensions are specially formulated not to change color when it becomes wet, it remains the original color, which is the color of the lash that it is being applied to. Because the color of the bonding agent does not change or become visible when it gets wet it stays undetectable at all times.

Eyelash Extensions Extending and Reinventing

Some of the data out indicates eyelash extensions originated in Korea where other says Japan, either way it is basically from the same part of the world the Far East. Korean women do use eyelash enhancement methods not common to us here in the US. There, having your eyelashes professionally permed every month is common. It is certainly possible that eyelash extensions were a logical progression.

The trend subsequently spread from east to west, and made it into European beauty salons, the US and now in Australia. Like hair extensions, eyelash extensions are a cosmetic enhancement. The term cosmetic may refer to, but is not limited to, make-up or any other substance used to enhance the beauty of the human body.

Eyelash Extensions Trends

Eyelash enhancement, or extensions is a process whereby synthetic single fiber polyester thread like material is applied to create a fuller, longer look. Once a product accessible only to a limited consumer group, eyelash extensions have become more popular and affordable.

In Asia, the United States and Australia the process has become so popular that salon professionals that are noted for their extension expertise are booked as much as six weeks in advance for their extension services. Aiming for an authentic, natural feel, the lash extension fibers come in various lengths, colors and thickness.

Test First, Consultation Second

Did you know that some people have adverse and sometime violent reactions to adhesives? Some people cannot even wear a Band-Aid without breaking out in a flaming rash. You would never know it to look at them but put an adhesive bandage on them and their skin puffs up and turns bright red. People that are allergic to adhesives are usually allergic to the bonding agent used for eyelash extensions. So you do not want to put bonding agent near someone's eye that could have an allergic reaction, it could be catastrophic. You should never need the money from a service, even an expensive service; to put anyone health and safety are risk. When you put someone at risk you have put yourself at risk, because you

are the one that will be held accountable, as the licensed beauty professional. Like with hair color, it is always a good idea to do a patch test first before getting a whole eye full of extensions. Have them come in the day before, at least 24 hours and place a few extensions on the client using the same bonding agent and fibers that you will use when they arrive for their service. Don't change bonding agents the next day; make sure you have enough of the one that you will be using when you do the test extensions. When they come back the next day or later that week for the service ask them what they experienced with the test extensions, and as long as it went well have them sign a waiver. If they had any reaction at all, do not proceed with the service. If they had any reaction with a couple extensions you can imagine the difficulty that they may experience with both eyes full of them. When they come in for the test extension you can take advantage of that time to do your consultation with them.

As a beauty professional like with any other service it is important to consult with the customer in preparation of the service. They client needs to have some understanding of how eyelashes grow and fall out, so that they understand that like finger nails services which requires the client to return for touch ups as the nail grows, once the full set of extensions are applied there is up keep involved. As the natural lash grows and falls out the client must understand that they will need to return periodically depending on their own unique growth rate. If the expense of return visits are outside of the client's budget it is better to get this on the table up front before they have a full set on their eyes and now they cannot maintain them properly. You would be surprised how many clients don't know or think about this when they come in to get extensions. The good thing is again, just like nails, the cost for filling in the gaps is not as high getting the full set applied.

Remember everyone's body is different; you will not know how long any one individuals eyelashes take to go through its cycle. Because eyelashes commonly grow and then drop off anywhere between 2 to 4 months you can only give a ballpark figure to the client with regards to when they will need to return. After you have provided services for a particular person for a while and you witness their growth rate you will be able to more realistically predict when they will need to return.

Other factors will affect the length of time that the client can go between filling in the lost extensions, such as do they mess with their eyes, how often they cleans their face and with what, and what do they do to dry their face, are they rubbing it with a wash cloth or are they blotting it with a cotton pledgette. If the client is being very careful with the handling of the extensions they will of course last longer. You need to let them know this. You also need to

let them know that if they pick at their lashes for any reason and pull the lash out it could permanently affect their natural lashes and possibly damage them causing slow to no regrowth. For clients that return frequently for replacements to fill in the lashes, find out what they are doing to cause the lashes to be lost so quickly, it can't be good. If the client can't keep their hands off of their lashes or if the bonding agent bothers them or for whatever reason that they have that causes them to pull or scratch at them you need to halt any further services as that client is not a good candidate for eyelash extensions. Remember you are the one responsible for the customer, you are the professional, and they are not. When they are losing the extensions faster than the normal growth rate of an eyelash they are pulling them out. And when they are pulling them out they are causing permanent damage to the natural lash, and it is up to you not to let that happen because of a service you are providing.

Other factors that need to be discussed with the client is lotions and oils that they use on their face. Excessive exposure to oil can weaken adhesive bond. Eyelash extensions differ greatly from "fake" or "false" eyelashes in that they are applied one extension to one lash for an attractive and natural look. It looks easier than it really is, and this service is by no means cheap. Before applying eyelash extensions on a client for a fee, make sure you are properly trained and have practiced sufficiently to present yourself as an eyelash extension professional. If you can, you should find models, usually family and friends to practice on after you train with a reputable school that specializes in eyelash extensions and before you begin to offer the service for a fee. This is the best way to become proficient at the service before you ask a client to fork over a heap of their hard earned cash. If you do a poor job you will never see that client again, not to mention the amount of bad press a single person can get out there on you. That's not how you want to be recognized anyway.

To make money at this you need to build your client base and you do that by making the client happy. If you can't find family or friends to practice on for free it is highly recommended that you not charge for the first several applications you try on your clients, while you are becoming more adept and competent with the application process. Even if they are not perfect they won't be mad because they were free, and if they like them they will come back for up keep and you can charge them for that.

Work at building your name as the go to person for eyelash extensions, remember that consumers do their research to find a reputable and talented extensionist, and you want that person to be you. Look for a training program with a reputable education provider, which specializes in the training of eyelash extensions that requires you to earn a certification based on ability and

skill, rather than simply taking a class. You can find a qualified extensions educator by researching them online. You can determine the type of training you can receive by looking under many eyelash extension companies' websites.

Educate your clients why they don't want to try it at home, and what can happen if they get someone that doesn't understand the process of hair growth. Applying extensions hairs too early increases the chance that the hairs will be pulled out in the anagen (birth) stage causing possible permanent damage to the eyelash. The client must understand not to pick at the lashes either.

The Procedure

The procedure to attach the extensions is painless, and can take an average of one and a half to three hours for a full set of extensions of roughly 30-80 lashes per eye. A lash extensionist carefully applies the "lash" with tweezers and a bonding agent. If properly applied with medical-grade adhesive, eyelash extensions are designed to bond to one's natural eyelash. The bonding agent used during the process is just as important as the lash procedure itself.

The setup for the service is relatively simple and as with any service you need to gather your tools and product and get it all organized so that it is at arm's reach and so you don't have to start running around looking for things once you get started. Proper preparation is an important part of a professional image. It makes the client uncomfortable to see the person working on them running around searching for things in a seemingly disorganized manner.

After you and the client have decided what type of eyelash look you are going to achieve, for example, medium natural, or maybe, long and extreme fantasy with a variety of colors and varying lengths, you will prepare for the service by getting the lashes you will be using in your work space. Choose what length of lashes and how many you will need to achieve the agreed upon look. The synthetic fibers come in different lengths, from 6mm to 14mm. The extensions closely mimic the natural shape and curve of a natural human lash. Another interesting characteristic of the synthetic extension fiber is that they are thicker than the natural lash and that they are thicker at one end and taper off to gradually become thinner. This makes it possible to get the fullest, thickest look possible.

There is a vast assortment of synthetic eyelash fibers, in various thickness and shades; some synthetic lashes have colors that transition from one shade to another along the same shaft, called gradient colors. You and your client can choose from colors like brown, blonde, auburn, purple, blue and even green and pink. You can mix different colors in to the same design or you can keep it all one natural color. You can vary the lengths and

thickness of the fibers, whatever your client decided on with you can be achieved. You can create different looks and become very creative and artistic. The possibilities are limitless.

You also need to round up all the other items that you will be using such as the drape you will use on the clients hair and another to cover their clothing. One drop of bonding agent can ruin an outfit and become a nightmare to get out of the clients hair. You will also need the suggested facial cleansing products, the facial cleansing products that you will use to prepare the clients face and lash area are designed to clean and the face and lashes by removing all oil and debris so that the extensions will properly bond to the natural lash, and so it is not necessary for the client to wash their face after the service is complete. Keep in mind that the client will not be able to wet their face for at least 24 hours while the bonding agent is curing (drying completely) some agents may even require 48 hours depending on the instructions and type of bonding agent you are using.

Have the client recline on a facial bed or chair. Remember to drape the client so that you protect their clothing from any possible damage. Properly prepare the face and eye area by performing a light facial and cleansing of the eyelash area, being sure to remove any residual oils that can cause the extensions not to adhere properly.

As mentioned, eyelash extensions are applied as a single synthetic eyelash fiber to a single eyelash of the client. You need to strategically select the eyelash that you plan to attach the synthetic lash to. If you attach it to a natural eyelash that is too young you can cause permanent damage to that lash and follicle. If you attach it to an eyelash that is too old it will fall out too soon leaving a noticeable gap, which makes the client disappointed, and you will find yourself spending a lot of time adding replacement lashes to dissatisfied clients natural lashes. It is always best to err on the side of safety; it is better to attach the extension to a lash that is going to fall out sooner than to a lash that is too young. It cannot be stressed enough, hairs that are pulled out when they are in the birth phase of hair growth which is the anagen phase damages the follicle, which causes the hair not to grow back, which causes permanent hair loss.

DO NOT ATTACH the extension

- To a baby hair (in the anagen phase of growth)
- To more than one hair
- To the skin at the hair line

Do not let the glue,

- Get in the clients hair,
- On the clients clothes
- Stuck to more than one lash

Once you select the correct natural lash you will be

attaching the synthetic lash to you will dip the synthetic lash in a drop of extension bonding agent. The extension glue comes in several natural shades and it is the most important element of the service in determining how long and attractive the extensions last and looks. You must be sure to purchase the correct glue from a supplier that is top quality and that remains flexible when dry but still holds well and doesn't change colors when it becomes wet. There are a number of excellent bonding agent available for you to choose from but remember there is no substitution for the correct type of bonding agent for this service, otherwise it is no longer an eyelash extensions service you are performing, it simply becomes a false eyelash service and you cannot charge the same type of fee. The client will know the difference. A good eyelash extensions training program also educate you on the various sources for products and the differences in them as well.

It is always important to get the best deal for your money but when it come to the bonding agent that is not the item to try to save money on. You want your customers to come back and if the lashes fall off the first time they get wet you are not going to build clients. After a while you will find the products that work best for the designs you do most.

After dipping an individual lash in a bonding agent you will find a tiny bead of bonding agent on the base of the extension fiber. That tiny bead of glue is used to stroke the selected natural lash from just above the hairline out toward the end of the natural lash. Stroke the natural lash with the bead of bonding agent several times very gently so as to cover the top side of the natural lash from just above the hairline to the tip with the bonding agent. This provides a larger area of attachment for the synthetic fiber to attach to the natural lash giving it a better hold and thereby a longer lifetime.

As you stroke the natural lash you will see that the bonding agent is becoming tackier. Line the synthetic fiber up with the natural lash where the bottom of the synthetic fiber is just above the hairline and place it so that it is in contact with the full length of the natural lash and hold it there a few seconds longer until the bonding agent has dried enough to hold the weight of the synthetic fiber to the natural lash. Then use the evacuation bulb to blow air gently on the two lashes before you let the natural lashes fall back into place.

If you don't permit the bonding agent to dry sufficiently before you release the natural lashes or if you are using too much bonding agent, the natural lashes will make contact with the residual glue causing them to stick to the lash and the extension that you just attempted to bond. Depending on how much bonding agent will depend on how many of the natural lashes will become stuck

together. It takes a little practice to figure out how much is too much and how much is not enough. But as a rule of thumb it is better and safer to err on the side of too little. Eyelashes that clump together are not only unattractive but they hurt and they damage the follicle of the natural eyelash. The process is repeated until the agreed upon number of eyelash extensions have been attached to the natural lashes. The eyelashes should last about three weeks, at which point a re-lash or touch up may be done.

It is important that you instruct your client on proper care that they must follow after the service. Such as not to pick or pull at the extensions ever, it can cause permanent lash damage if the client is pulling the lashes out in the birth state of the lash. Also all bonding agents are different but most of the better quality bonding agents take at least 24 hours to as much as 48 hours to cure and completely bond. Let the client know that they must follow the instructions precisely. If the bonding agent dries over the following 48 hours explain that they must avoid direct contact with water, such as swimming, steaming and washing your face. It's a good idea to go over this before you begin the service or even better when you make the appointment. Clients that are not aware of this may make the appointment for the extensions to be applied in the afternoon of an important date and you don't want to have to tell them that they can't take a shower. These procedures can start at \$100 and go up to \$500 depending on how full the client wants their lash appearance to be.

Because eyelash extensions involve sharp objects and chemical bonding agents that could cause eye damage it is important that you become familiar with the areas of the eye before you begin poking around it.

The Anatomy of the Eye

The eye is a complex organ composed of many parts. Good vision depends on the way in which those parts work together. It is helpful to understand how the eye works before practicing eyelash enhancement.

- **Cornea:** As light enters the eye, it first passes through a lubricating tear film that coats the cornea. The clear cornea covers the front of the eye and helps to focus incoming light.
- **Aqueous:** After light passes through the cornea it travels through a clear, watery fluid called the aqueous humor. The aqueous humor circulates throughout the front part of the eye, maintaining a constant pressure inside the eye.
- **Iris:** The iris is the colored part of the eye. As light conditions change, the iris may dilate to make the pupil bigger or constrict to make the pupil smaller. This allows more or less light into the eye.
- **Lens:** After light travels through the pupil, it must pass through the lens. The human lens, much like the lens of a camera, is responsible for focusing light.

The lens can change its shape to focus on nearby and distant objects.

- **Vitreous:** After being focused by the lens, light passes through the center of the eye on its way to the retina. The eye is filled with a clear, jelly-like substance called the vitreous.
- **Retinal vessels:** The retinal blood vessels nourish the inner layers of the retina.
- **Retina:** The retina is a thin, light-sensitive tissue lining the back of the eye that acts much like film in a camera. Light must be properly focused onto the retina, and the surface of the retina must be flat, smooth, and in good working order to produce a clear image.
- **Macula:** The center of the retina is called the macula. The macula contains a high concentration of photoreceptor cells, which convert light into nerve signals. Because of the high concentration of photoreceptors, we are able to see fine details such as newsprint with the macula. At the very center of the macula is the fovea, the site of our sharpest vision.
- **Choroid:** Behind the retina, a layer of blood vessels called the choroid supplies oxygen and nutrients to the outer layers of the retina.
- **Sclera:** The white part of the eye is called the sclera. The sclera is composed of tough, fibrous tissue that protects the inner workings of the eye.
- **Optic nerve:** The optic nerve is a bundle of nerve fibers, which carries visual information from the eye to the brain.

The **eyelids** are also known as the palpebrae, and are formed by the reinforced folds of skin that are attached to the slight skeletal muscles, which permit movement. The orbicularis oculi muscle assists in the control of the eyelids, and it receives additional assistance from the levator palpebrae superioris muscle, which is designated to the upper eyelid and explains why the upper lid has more movement options than the lower lid. When the eyelids draw down over the eye, or the eyes "close," it is the result of the orbicularis oculi muscle contracting. When the levator palpebrae superioris muscle contracts, the result is the "opening" of the eye, or the eyelid drawing back up over the eye to reveal the eyeball. The eyeball is protected by the eyelid, both from desiccation and from impalement. When the eyelid blinks, which occurs every 7 seconds or so, fluid flushes the eyeball and keeps it moisturized. The eyelid also reflexively blinks when the eye senses a particle that threatens to enter it. The eyelid will usually blink reflexively when the eye is adjusting to a new line of vision to help prevent the initial blurry vision that can occur from refocusing too quickly. The small but detectable space between the upper and the lower eyelid is known as the palpebral fissure. When the eyes are closed, this fissure appears to be nothing more than a line of connection. When the eyes are open, the fissure takes on an

elliptical shape. The small medial and lateral angles where the eyelids conjoin is known as the commissure of the eye. The medial commissure is the larger of the two, and is noted by a small elevation of red flesh, which is known as the lacrimal caruncle. The lacrimal caruncle is responsible for creating the white secretions that get caught at the corner of the eye, usually during sleep, thanks to the sebaceous and sudoriferous glands.

The eyelids each house their own tarsal plate as an added shield of protection. They also have conjunctiva and tarsal glands. The tarsal plate is comprised of connective tissue, which is vital in maintaining the general shape of the eyelids. The tarsal plate houses the tarsal glands, which are specialized sebaceous glands, which can be detected along the inner surface of the eyelid, visible to the naked eye. The ducts of the tarsal glands open up along the edges of the eyelids and secrete an oily substance, which protect the eyelids from becoming stuck to each other. Additional sebaceous glands can be found along the base of the hair follicles, which create the **eyelashes**. The last forms of secretion protection available for the eyelids are the modified sweat glands known as ciliary glands. All of these glands help to keep proper moisture in the eye and permit smooth eye movements and operation. If one of the sebaceous glands becomes infected, this is commonly referred to as a sty.

Each eyelid is the perfect anchoring ground for eyelashes, one row per eyelid. Each single eyelash is embedded into the eyelid by the root, which anchors into a root hair plexus. This gives the eyelash hairs additional sensitivity to snap the eye closed in the event of an airborne particle reaching the eye. The eyelashes belonging to the upper lids and the lower lids vary from each other. The upper lid eyelashes are longer, tend to curve in an upward direction, and are more noticeable than the lower lid eyelashes, which are shorter and tend to be stumpy without much curve.

Growth Cycle of the Eyelash

There are about 90-150 eyelashes on the upper eyelid and about 70 - 80 eyelashes on the lower eyelid. Eyelashes reach a length up to about 10 mm and each eyelash follows its own growth cycle.

There are 3 phases to the eyelash growth cycle, (like all hair):

Anagen - the active growth phase. Only 40% of the upper eyelashes are in active growth at any one time (only 15% of lower lashes are in active growth). This phase lasts 30 - 45 days

Catagen - the transition phase when the eyelash stops growing and the follicle shrinks. This lasts 2 - 3 weeks

Telogen - this is the resting phase and can last over 100

days before the eyelashes fall out

Each eyelash is in its own cycle so there is some lashes in each phase at all times and most days at least a few eyelashes will fall out.

How Long Will Eyelash Extensions Last

Realistically, eyelash extensions last 4 weeks, give or take a couple of weeks, falling out with the natural lash. Some will be lost within a couple of weeks as part of the natural cycle, so it is common to get a touch up refill after about 2 - 4 weeks. In some cases, eyelash extensions can last up to 6 - 8 weeks.

The Pros of Eyelash Extensions

Assuming the client sleeps on their back and doesn't rub or otherwise stress their eyes, the lashes should last as long as the natural lashes which averages to about 2-4 months. The benefits of eyelash extensions over traditional false lashes are clear; they appear to be natural. The lashes are commonly made from a synthetic hair, which is similar to human hair, and taper at the tip, just as a natural eyelash does and no mascara is required. No make-up remover is required. In short, no day-to-day maintenance is involved.

The Appearance

Although some women are blessed with long, lush, full eyelashes, many other women need a little help to achieve that look. Eyelash extensions are one way to do just that. They are available in lengths that are approximately one half to one third longer than your own lashes, and in different colors to appear as natural as possible.

The Convenience

Since extensions last for several weeks, if not a few months, they're rather convenient for women who don't have a lot of time to spend on their makeup. Eyelash extensions can be a great way to give the eyes a little extra "pop" without spending time applying different types of eye makeup. Some eyelash extensions are even water-resistant and can be worn while swimming, exercising, or showering without worrying about them falling off or coming loose.

The Versatility

Eyelash extensions don't just have to be for special occasions or for those times you want to look a little more glamorous, as they can also be worn on a daily basis. For the daytime or everyday wear, simply use clear mascara, but not petroleum jelly as it will loosen the adhesive, to define and separate the lashes if needed, and for the evening hours, use mascara in the color of your choice to make your lashes extra noticeable.

Client Concerns

The Application Process: Be prepared to spend anywhere from one to two hours to have eyelash extensions applied, depending on the number of extensions used. While the process is virtually painless, some people find it to be just slightly uncomfortable, more so perhaps for those who may have difficulty sitting still for that long with someone working that close to the eyes.

The Cost: Client can expect to pay anywhere from \$100 to \$500 depending on the quality of the service and the reputation of expertise that you develop, where you provide the service, the type of lashes your client chooses.

The Maintenance: Professionally applied eyelash extensions will need replaced every six to eight weeks, on average, and will require a certain amount of care in between to ensure that they not only last as long as possible, but are also as natural looking as possible. While you can use mascara with eyelash extensions, be sure to choose a brand that's water-based. When removing makeup, avoid products that are oil-based, as they will loosen the adhesives used to keep the extensions in place. The eyes should be washed gently with lukewarm water and then patted dry, never rubbed.

The Risks: There are a few risks associated with wearing eyelash extensions, one of which is damage to the real lashes from applying and then removing the extensions, causing them to become brittle and break or fall out before a new lash is ready to grow in its place. Also, some people may be sensitive to the adhesives used and have an allergic reaction to wearing eyelash extensions. The following are some of the situations that can damage natural lashes:

1) Untrained service providers: It is irresponsible to sell eyelash extension products without requiring training. It is also irresponsible and unlawful to sell eyelash extension services if you are not licensed to do so. How do you know if you are licensed to provide eyelash extensions? Well if you did not practice applying artificial eyelashes in school when you were training to get your license you can pretty much figure your license does not cover the application of eyelash extensions. Learning how to apply artificial nails does not give you training to apply eyelash extensions. Cosmetologist are trained and are permitted by law to provide eyelash extensions services, as are facial specialist and full specialist because their facial training included the application of cosmetics and they are also taught the 3 phase of hair growth, a critical

lesson needed to qualify for applying eyelash extensions. During the procedure, you will use a strong bonding agent and sharp tweezers near the eye area of the client. For these reasons, it is required that you be properly trained preferably through hands-on training courses, rather than using a video without hands on training to get certified.

2) Flares and Individual lashes: This is what is referred to as short cuts in eyelash extensions. Flares, Clusters and 'Individuals' consist of attached groups of 3-8 blunt-end lashes with a knot at the end. These types of artificial lash products are applied to the skin rather than directly to a single eyelash. This can cause inflammation of the skin or, if the 'short-cuts' are attached to a single lash, the individual lash cannot support the weight of the attachment and will break, possibly inhibiting future re-growth. Also, if they are applied to multiple natural lashes in order to support the weight the natural lashes will be adhered together. Since natural lashes grow at different rates this can result in faster growing lashes to prematurely pull out slower growing lashes from the root because they are bonded together. This can result in permanent damage and lash baldness if done repeatedly.

Laws and Regulations

The **Food and Drug Administration** is an agency of the United States Department of Health and Human Services and is responsible for cosmetic safety, but has yet to rule on eyelash extensions, leaving regulation to each state. States such as Oregon and Texas have yet to rule on the procedure. Colorado and New York forbids eyelash tinting but does not address eyelash extensions. California and Washington have passed new codes that require eyelash extension professionals be licensed in the areas such as cosmetology.

State Regulations

State licensing requirement for the application of lash extensions vary from state to state. In Florida you are only permitted to provide services that were taught for the license type that you trained for. Cosmetologist and Facial Specialist were trained in school to apply cosmetics to the face including artificial eyelashes. Persons that trained to apply or manicure nails are not licensed to provide eyelash extensions. Applying artificial eyelashes is a beauty service and requires a license if you are charging money or compensation for the service. Even if you are licensed to provide eyelash extension services completing additional specific training to offer this service is advised.

8 – Elective: Eyelash Extensions Learning Assessment Question

35. The completion of this course DOES NOT qualify you to perform eyelash extension services without additional advanced training.

True

False

BLANK ANSWER SHEET GRID

At the end of each of the core courses you can find a post course learning assessment. Answer the questions at the end of each course using the answer grid below to record your answers. Carefully detach this sheet and select **one** answer per question by filling in the box next to the correct answer. After completing the post course learning assessments for each course mail or call in this completed answer grid. Or open the online course quiz and enter your answers then make your course payment online

<u>HIV / AIDS</u>	
1. TRUE <input type="checkbox"/>	FALSE <input type="checkbox"/>
2. TRUE <input type="checkbox"/>	FALSE <input type="checkbox"/>
3. TRUE <input type="checkbox"/>	FALSE <input type="checkbox"/>
4. TRUE <input type="checkbox"/>	FALSE <input type="checkbox"/>
5. TRUE <input type="checkbox"/>	FALSE <input type="checkbox"/>
6. TRUE <input type="checkbox"/>	FALSE <input type="checkbox"/>
7. TRUE <input type="checkbox"/>	FALSE <input type="checkbox"/>
8. TRUE <input type="checkbox"/>	FALSE <input type="checkbox"/>
9. TRUE <input type="checkbox"/>	FALSE <input type="checkbox"/>
10. TRUE <input type="checkbox"/>	FALSE <input type="checkbox"/>
<u>FLORIDA LAW</u>	
11. TRUE <input type="checkbox"/>	FALSE <input type="checkbox"/>
12. TRUE <input type="checkbox"/>	FALSE <input type="checkbox"/>
13. TRUE <input type="checkbox"/>	FALSE <input type="checkbox"/>
14. TRUE <input type="checkbox"/>	FALSE <input type="checkbox"/>
15. TRUE <input type="checkbox"/>	FALSE <input type="checkbox"/>
16. TRUE <input type="checkbox"/>	FALSE <input type="checkbox"/>
<u>WORKERS' COMP.</u>	
17. TRUE <input type="checkbox"/>	FALSE <input type="checkbox"/>
18. TRUE <input type="checkbox"/>	FALSE <input type="checkbox"/>
19. TRUE <input type="checkbox"/>	FALSE <input type="checkbox"/>
<u>OSHA</u>	
20. TRUE <input type="checkbox"/>	FALSE <input type="checkbox"/>
21. TRUE <input type="checkbox"/>	FALSE <input type="checkbox"/>
22. TRUE <input type="checkbox"/>	FALSE <input type="checkbox"/>
<u>ENVIRONMENTAL ISSUES</u>	
23. TRUE <input type="checkbox"/>	FALSE <input type="checkbox"/>
24. TRUE <input type="checkbox"/>	FALSE <input type="checkbox"/>
25. TRUE <input type="checkbox"/>	FALSE <input type="checkbox"/>
26. TRUE <input type="checkbox"/>	FALSE <input type="checkbox"/>
<u>CHEMICAL MAKEUP</u>	
27. TRUE <input type="checkbox"/>	FALSE <input type="checkbox"/>
28. TRUE <input type="checkbox"/>	FALSE <input type="checkbox"/>
29. TRUE <input type="checkbox"/>	FALSE <input type="checkbox"/>
<u>SANITATION & INFECTION CONTROL</u>	
30. TRUE <input type="checkbox"/>	FALSE <input type="checkbox"/>
31. TRUE <input type="checkbox"/>	FALSE <input type="checkbox"/>
32. TRUE <input type="checkbox"/>	FALSE <input type="checkbox"/>
33. TRUE <input type="checkbox"/>	FALSE <input type="checkbox"/>
34. TRUE <input type="checkbox"/>	FALSE <input type="checkbox"/>
<u>COURSE ELECTIVE: EYELASH EXTENSIONS</u>	
35. TRUE <input type="checkbox"/>	FALSE <input type="checkbox"/>

If you need an additional answer sheet you can print one online at
www.flceo.com/answersheet_0007920.pdf

Information Sheet

Please mark all of your answers clearly. Be sure only to mark one answer for each question. Include your check or money order, the answer sheet, and this information sheet.

Please fill out the information below. Make sure you print clearly!

Name _____
LAST FIRST

Florida Cosmetology License # _____

Address _____

City _____ State _____ Zip _____

Day Phone _____ (____) _____ Evening Phone _____ (____) _____

Signature _____ Date _____

* E-mail address _____

*(E-mail address is optional, but if included, will reduce your time to receive notification of successful completion).

On a scale of 1 to 10, 1 to disagree and 10 to completely agree, please rate this course. Circle one only.

- | | | | | | | | | | | |
|--|---|---|---|---|---|---|---|---|---|----|
| 1) The course will benefit my work performance. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 2) I found the information too difficult. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 3) The course was clear and well organized. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 4) I would recommend this course to others. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 5) I found the information to be current. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 6) I found the instructional method to be effective. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 7) The content of this course met my expectations | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 8) I would rate this course | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

If you will be mailing the course answer sheet via US Mail and not completing the course online you need to follow steps 1. Through 3. below

Send:

1. The Answer Sheet
2. The Information Sheet
3. And a Check for \$39.95 payable to FLCEO

**Mail to: FLCEO
5041 BASIN AVE
MILTON, FL 32583**

**THIS COURSE IS NOT PRE-PAID,
COURSE 0007920 FROM THE COSMETOLOGYCEO WEBSITE -2 IMMEDIATE COURSE REPORTING**

Look Before You Mail!

One Last Reminder! Please check your envelope to be sure that you have included the answer sheet, the information sheet and, that your check is signed and is made out for \$39.95. Also check the envelope for a full address and a return address.

You will receive a certificate in 2-3 weeks. Remember if you go online and transmit your answers to us electronically via the online quiz your information will process on the same day and you will receive your certificate instantly on our web site for you to print. Also your information will be sent to the state electronically on the same day that you submit your answers to us over the Internet. Overall this will reduce the time you have to wait to receive your certificate by 3 weeks.

If you do not pass, and you mail the test in to us for us to grade manually, you will need to re-submit another answer sheet. One will be mailed to your address at the time your assessment is graded should you not pass. A fee of \$5.00 will be due to cover additional processing, handling, and postage charges. We will contact you by phone in the event this happens and direct you to look for the supplemental answer sheet coming in the US mail.

Thank you again for your patronage! If you have any questions regarding the course material or the testing process, please feel at liberty to contact our office at: **321-217-0554**

You can E-mail us at: **info@cosmetologyceo.com** or you can write to:

**FLCEO
5041 BASIN AVE
MILTON, FL 32583**

PLEASE NOTE: A charge of \$35.00 will be imposed for all checks returned because of insufficient funds.

If you need an additional blank answer sheet, you can print one online at **www.flceo.com/answersheet_0007920.pdf**

We hope this information expands your knowledge and assists you in the practice of Cosmetology.

Please follow the directions when filling out the answer sheet. If you do not pass the test you can take it as many times as you need to earn your certificate of completion but there is an additional \$5.00 processing fee for each instance of resubmitting a test to be graded by mail, fax or phone, but not when using the Internet online testing. So take your time and do your best. Again read the instructions and if you have questions about how to take the assessments contact us.

Thank you for choosing **FLCEO**
"Florida Cosmetology Educators Online."