

# 'A close shave'

## Sectoral Social Dialogue Committee on Personal Services

1 December 2015

**TRANSNATIONAL ESF-PROJECT (4969)**

**'A CLOSE SHAVE'**

Promoter: UBK/UCB vzw-asbl Belgium



# 'A close shave'



Gevalideerd  
ESF-product

# CONTEXT PROJECT

## **Danish research:**

Anne Bregnhøj, *Prevention of hand eczema among Danish hairdressing apprentices*, (2011).

## **Croatian research:**

Marija Kujundžić Brkulj, Jelena Macan, *Skin Protection at Work in Croatian Hairdressers - Archives of Industrial Hygiene and Toxicology 2013 Vol: 64(2), p 295-303.*



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# CONTEXT PROJECT

## Conclusion:

There is a need for more practical and accessible training courses for trainee hairdressers for as young, a target group, as possible.



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# PROJECT

## Transnational European Social Fund (ESF) - project

**Phase 1:** 3 m – desk research (descriptive)

**Phase 2:** 15 m

- transnat. comparisons (study visits, peer reviews)
- development of tools

*Closing event:* 4 May 2015

*Validation ESF:* June 2015

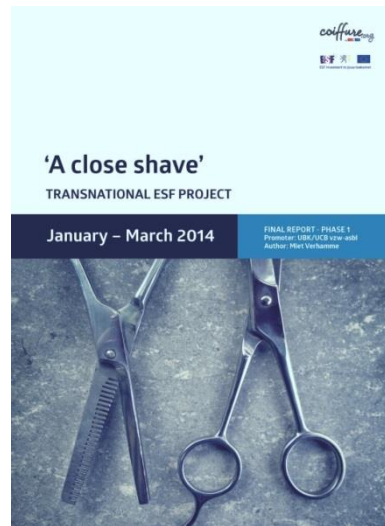
**Phase 3:** 6 m - experiment conducted in Flanders (23 November)



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# PHASE 1 (3 m) : STUDY REPORT



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# 17 COUNTRIES STUDIED IN THE RESEARCH REPORT

- Denmark
- Croatia
- Germany
- France
- Austria
- The Netherlands
- Switzerland
- Latvia
- Great-Britain
- Poland
- Ireland
- Malta
- Spain
- Cyprus
- Finland
- Italy
- Sweden



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## PHASE 2 : DEVELOPMENT OF TOOLS



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# TOOLS



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# DEVELOPMENT OF TOOLS

## Developed tools:

- *'preventive'* training:
  - Instruction video
  - Background information for teachers
    - Skin prevention for the new hairdresser
    - Ergonomics for the new hairdresser
  
- supporting materials:
  - 'Take care of yourself' – sheets for the new hairdresser

For free - UBK website: <http://www.coiffure.org/nl/sectorinfo/europese-projecten>



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# *INSTRUCTION VIDEO*



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# INSTRUCTION VIDEO

- Skin prevention and ergonomics in one story
  - 5 modules
    - Washing hair
    - Cutting
    - Colouring
    - Washing hand and applying cream
    - brushing
  - Interactive learning method
  - Complementary to 2 manuals
  - For: new hairdressers, trainees, team meetings...

Link:



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# INSTRUCTION VIDEO

- Why a video?
  - Hairdressers are
    - Visual creatures
    - Often reluctant to learn
    - Are not theory-minded, but rather doers
  - More accessible than a course, brochure, notes...
  - Concrete demonstration (recognisability) and practice, with little theoretical instructions

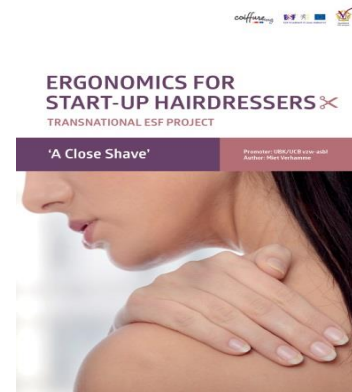
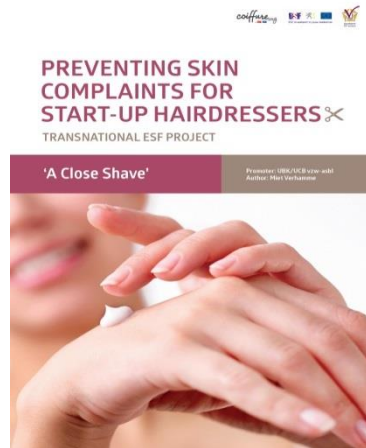


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# BACKGROUND INFORMATION FOR THE TEACHER

- *‘Skin prevention for the new hairdresser’*
- *‘Ergonomics for the new hairdresser’*



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# BACKGROUND INFORMATION FOR TEACHERS

## Not a complete safety report, only 2 subjects

- Insight, repetition and application is more important than a complete report

## Content

- Insight into the problems, practical tests, guidance...

## Why these manuals?

- To provide sufficient background information to teachers
- Danish study: importance of competent teachers! (raises the credibility and success)
- Important that teachers spread a uniform message (less confusion among new hairdressers)



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# 'Take care of yourself' sheets

*Fiches*  
**TAKE CARE OF YOURSELF!**  
Skin prevention and ergonomics  
for hairdressers

Transnational ESF Project 'A Close Shave'

- GLOVES
- WASHING HANDS
- HAND CREAM
- DANGER PICTOGRAMS
- ERGONOMICS
- EXTRA TIPS

ESF European Union coiffure.org

[www.coiffure.org/sectors/info/europe-projeten](http://www.coiffure.org/sectors/info/europe-projeten) -> 'Op 440 haer na'



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**GLOVES**



# DISPOSABLE GLOVES



## USE THEM FOR:

- dyeing
- bleaching
- de-frizzing
- perms
- applying shampoo



-  and **CE**
- nitrile or vinyl
- don't ever use normal rubber or latex gloves!
- long cuffs, best 30 cm
- smooth and intact all over

## WRONG DISPOSABLE GLOVES



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ESF Investissements pour l'emploi

JE MEURIS...  
DE JE LEVENS...  
2m<sup>1</sup>



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# RE-USABLE GLOVES



## USE THEM FOR:

- cleaning and disinfecting



- thicker, more resistant
- long cuffs
- for personal use – don't lend them to anyone else
- rinse with water before taking off
- let the inside dry out before using them again

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EFMD  
CIF metten in je toekomst

JE HUID.  
BESCHERMEN.  
IN JE LEVEN. 2m<sup>2</sup>



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# THE RIGHT MODEL



Is not too tight

Reaches the skin  
between the  
fingers

Is not too loose  
around the wrist

30-cm cuff covers  
the wrist and part  
of the forearm

## TIPS:

- ensure your hands are clean and dry before putting them on!
- avoid wearing jewellery under your gloves!
- avoid sharp nails when wearing gloves!
- you can wear thin cotton gloves under your disposable gloves to absorb any sweat



*Thin cotton gloves*

Do not have too  
much space above  
the fingertips

Fold the sleeve over when  
doing wet work to avoid  
water running into the gloves



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# THE RIGHT WAY TO REMOVE GLOVES



## TIPS:

- throw away disposable gloves after you have used them once
- put on protective hand cream after wearing gloves
- also use protective gloves for wet work in your free time
- wear warm gloves when you go out in the winter
- treat wounds immediately and hygienically

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EFJ transactie voor toekomst

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**WASHING HANDS**



# WASHING HANDS



## PRINCIPLE: 'AS LITTLE AS POSSIBLE, AS MUCH AS NECESSARY'

Only wash your hands if they are dirty or have dye on them. In principle you don't need to wash them after wearing gloves.

### Use lukewarm water (not hot water!)

- hot water removes natural oils from the hands more quickly
- avoid fluctuations in temperature of the water

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EFMD  
ESF ministerie van Volksgezondheid

JE M'HOUD...  
IN JE LEVEN  
2m<sup>3</sup>



# WHICH SOAP FOR HANDS?



## PH-BALANCED SOAP (APPROX. PH 5.5) CONTAINING NO:

- ✓ colouring agents and perfumes
- ✓ preserving agents
- ✓ solvents
- ✓ abrasive agents

**DO NOT USE SHAMPOO!**



**BE WARY** of product information such as '*dermatologically tested*', '*tested for allergies*', '*pH-neutral*', etc.

**This information is no guarantee that the product really meets these norms.**

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EF E U  
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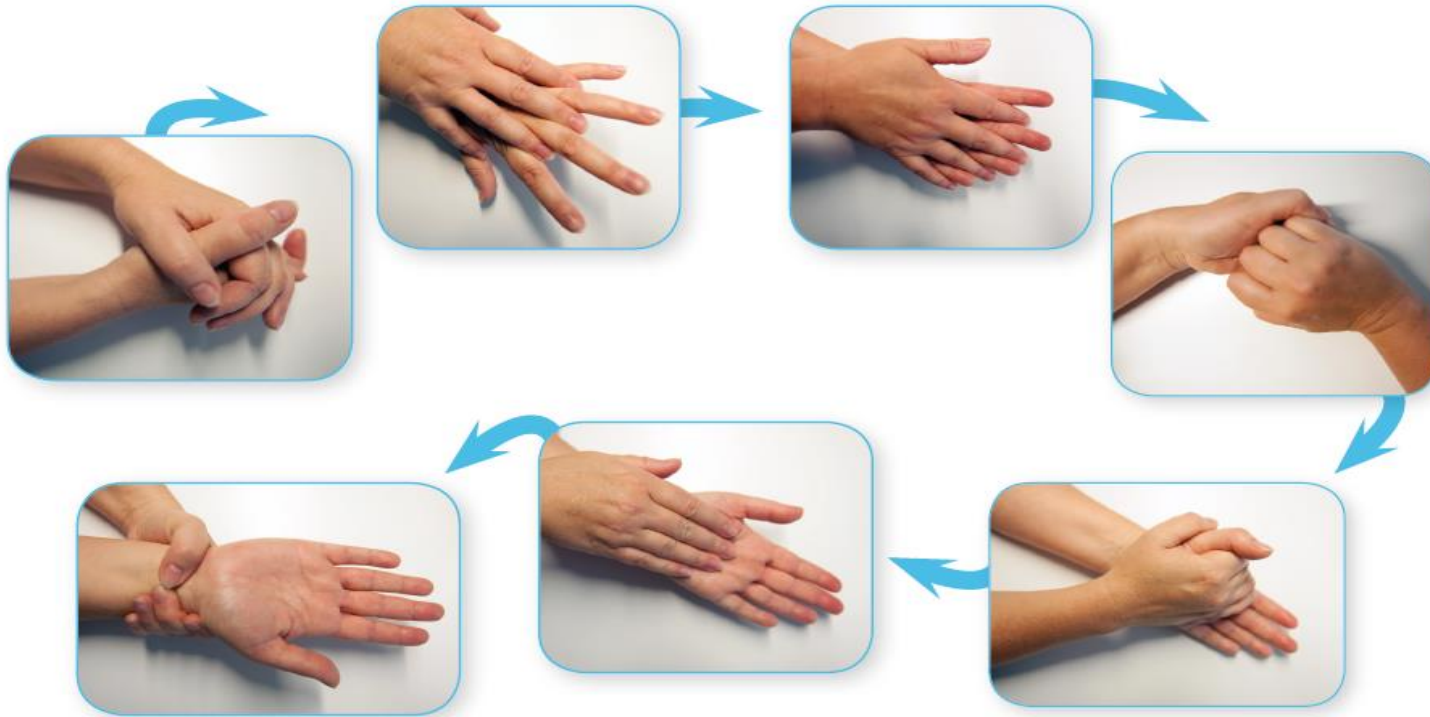
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2m<sup>2</sup>



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# HOW TO WASH HANDS?



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EF metten to puu tehoorot

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IN JE LEVEN. 2m'



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# DRYING HANDS



## Which type of towel to use?

- towels that are as soft as possible
- towels designed for one-time use only
- or use disposable paper towels

## How to dry your hands?

- carefully pat them dry
- rubbing hard will rub off the top protective layer and can damage the skin barrier
- dry between the fingers thoroughly

## Wash your hands in a separate room

(not in the washbasin in the hairdressing salon)



**BEWARE: never use towels used for customers!**  
(They may have remains of hair dye or shampoo on them that can irritate the skin or cause allergies)





**HAND CREAM**



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# WHICH CREAM?



## NEUTRAL, HYDRATING/MOISTURISING CREAMS CONTAINING NO:

- colouring agents
- perfumes



- either you have your own cream
- or there is cream in a dispenser so that there can be no cross-contamination between different employees

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EU moment in your business

JE M'UJO.  
L'ESSENTIEL  
EN JE LEVEN 2m<sup>1</sup>



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# WHEN SHOULD YOU USE CREAM?



## USE CREAM:

- after washing your hands
- shortly after wearing gloves
- regularly (because hand cream loses its effectiveness very quickly):  
e.g. after coffee, after eating, after taking payment, before a long break, after work and in the evening, etc.

## **BEWARE!!! HAND CREAM IS NO SUBSTITUTE FOR GLOVES!**

Cream does NOT protect you against hairdressing chemicals (hair dye, perm solution, etc.). Only special protective gloves can help against these!

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# HOW TO APPLY CREAM?



## TIPS:

- rub it completely into the hands, into all parts of your skin
- rub it in well between the fingers and into the cuticles
- use sufficient cream otherwise it will not provide effective protection

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**DANGER PICTOGRAMS**



# DANGER PICTOGRAMS



## ABRASIVE/CORROSIVE SUBSTANCES

- abrasive effect on your skin
- can lead to sudden (acute) inflammation of the skin



*New label since 2009*



*old label until 2009*





# DANGER PICTOGRAMS



## IRRITANTS

- repeated contact can put strain on the skin barrier
- can cause inflammation of the skin



*New label since 2009*



*old label until 2009*

Exceptions! There is no obligation to use labels on:  
skin cleansing products, shampoo, water (also have an irritant effect when used repeatedly).





**ERGONOMICS**



# ERGONOMICS



## CHECKLIST:

- Do you work in uncomfortable postures?
- Do you work with your neck or back bent over?
- Do you work with a twisted neck or back?
- Do you work with your arms at shoulder height?
- Do you work for long periods of time in the same position?
- Do you do work on one side or repeatedly?



# ERGONOMICS



**Always work with your back straight**



**Washing hair: arms at elbow height**



**Cutting hair: arm height between chest and shoulder**



# ERGONOMICS



Use the:

hairdressing chair



rolling stool



trolley



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# ERGONOMICS



Use:

**Scissors with a finger rest and the right size/design**



**Brushes that are not too heavy and have a smooth handle**

**and hairdryer:**

- light, maximum 500 g
- for right- and left-handed people
- cylindrical handle
- not too noisy
- limited vibrations

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**EXTRA TIPS**  
(PRIVATE LIFE)



## EXTRA TIPS

(PRIVATE LIFE)



### THINGS THAT CAN CAUSE ALLERGIES:

#### Artificial nails

Allergic reaction caused by the acrylates in artificial nails. Acrylic and gel nails all contain acrylates.

#### Symptoms:

- red patches
- swollen fingertips
- itching
- pain
- eczema around the nails, back of the hand or lower arms
- brittle nails
- the nails may come away from the nail bed

Contact allergy to acrylates stays with you for the rest of your life. This means that you have to have the artificial nails removed and you can never wear artificial nails again.

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## THINGS THAT CAN CAUSE ALLERGIES:

### Piercings

Allergic reaction caused by being extra sensitive to a large number of substances (mainly, but not exclusively, jewellery with a high nickel or cobalt content). This allergic reaction does not appear with the very first contact with the substance, but manifests itself a bit later.

#### Symptoms:

- red patches
- itching
- swelling and/or red patches around the site of the piercing
- swelling and/or red patches elsewhere on the body

As soon as an allergic reaction appears, you must remove jewellery immediately.





## THINGS THAT CAN CAUSE ALLERGIES:

### Tattoos with black henna

Allergic reaction caused by the chemical dye paraphenylenediamine (PPD). The allergic reaction may appear up to two weeks after using the henna.

#### Symptoms:

- red patches
- swelling
- itching
- blisters
- contact eczema that often follows the line of the original drawing
- infections (if the skin rash is not treated properly)
- feeling unwell or ill
- swelling of the lymph glands



Can cause lifelong problems. If in contact with a wide range of products\* (such as hair dyes) the eczema will flare up again with increasingly serious symptoms.

\* Paraphenylenediamine and derivatives are commonly used substances that are found in a lot of products, e.g. rubber, paint, leather, fur, textiles, hair dyes, shoe polish, plastics, photographic developing products, etc. It can also be found in black handbags or bikes for instance, printing inks, rubber boots, hoses in petrol stations, leather gloves, black tights, plastic folders etc. These, and many other products, should be avoided if you are allergic to them.



## THINGS THAT CAN CAUSE ALLERGIES:

### Dyed eyebrows and eyelashes

An allergic reaction caused by the colouring agent in hair dye. More than 100 different colouring agents exist, but the products that cause typical allergies are: paraphenylenediamine (PPD), diaminotoluene sulphate (DTS) and p-aminophenol.

#### Symptoms:

- red patches
- swelling
- itching

#### Dangers:

- increased risk of infection around the eyes
- can be harmful for eyes and even cause blindness (if you accidentally get the dye in the eye, it can cause permanent damage)

The allergic reaction can cause lifelong problems, on other parts of the body too. It does not go away. Once allergic, allergic for ever. E.g. PPD and DTS.



# 'TAKE CARE OF YOURSELF' SHEETS

## 'Take care of yourself' sheets

- Danish study: need for oral presentations and *written information* (sheets = supporting information)
- Visual information and main concerns
- Set of 6 sheets:
  - Gloves
  - Washing hands
  - Applying cream
  - Hazard pictograms
  - Ergonomics
  - Extra hints concerning private life
- Laminated plastic sheets: durability (longer use)



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# INFORMATION

UBK/UCB vzw-asbl Belgium

Miet Verhamme

Coordinator European policy and European projects

Vijfwindgatenstraat 21 F

9000 Gent - Belgium

miet.verhamme@coiffure.org

0032 471 77 07 87

<http://www.coiffure.org/nl/sectorinfo/europese-projecten>



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