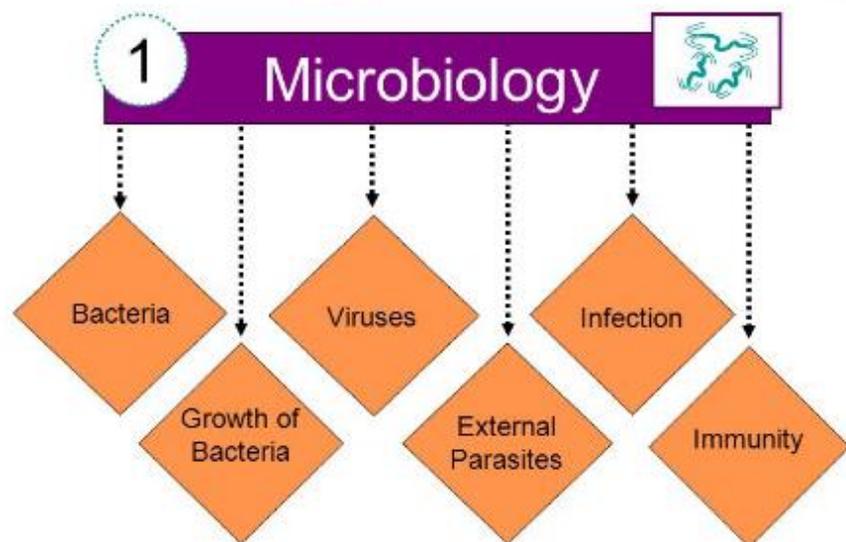


Cosmetology/Cosmetology
Teacher Hair Braiding/Hair
Braiding Teacher
Licensure Categories

SALON ECOLOGY/INFECTION CONTROL
7 Hour Online/Home Study Course

Salon Ecology



Illinois Approved C.E. Sponsor

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SALON ECOLOGY/INFECTION CONTROL
Hour Home Study Course

To successfully complete our Online/Home Study Courses, we advise you to:

1. Read the Course material.
2. Access the test online at;
<https://www.classmarker.com/online-test/start/?quiz=6nn580f84056cd47>
3. Certificate can be downloaded upon successful course completion, a minimum score of 70% and payment of course fee (\$25.00).

Note: Manually write your license number on the certificate

We will retain a copy of your certificate for five years from your certificate date. *We also advise the student to retain a copy of the Certificate for personal records.*



Salon Ecology/Infection Control

Salon Ecology

Ecology is a branch of science concerned with the interrelationship of organisms and their environments. It can also be defined as the study of households and the way they're kept in balance to ensure the well-being of those living there... SALON ECOLOGY studies ways to keep the larger, expanded work environment in balance to ensure the well-being and safety of all involved.

In the world of Professional Hair Styling, your understanding of Salon Ecology enables you to prevent the unnecessary spread of infectious diseases.

After completing this course, you will:

- Be able to explain the differences between cleaning, disinfecting, and sterilizing.
- Understand the state laws and rules regarding infection control.

State & Federal Regulations

Many state and federal agencies regulate the practices of Cosmetology, natural hair care, braiding, locking, and barbering. Both state and federal regulations require that certain preventive measures be taken against the spread of infectious disease and germs for the safety of operators and clients. If these regulations are not adhered to, it will result in the closing of your business. As a professional, you should check for changes and updates within your state regulatory agency.

Occupational Safety and Health Administration (OSHA)

The Occupational Safety and Health Administration (OSHA) is a federal agency under the Department of Labor that monitors and enforces safety and health standards in the work place. OSHA was developed to regulate, protect, and inform employees about exposure to potential hazards or toxic materials in the work environment. Although Natural stylists do not use chemicals to alter hair texture, you should still be concerned with OSHA regulations regarding toxic materials. OSHA is designed to regulate, monitor, enforce and ensure employee and client safety from toxic materials used in the work area and reduce exposure to infectious diseases.

Microbiology

Microbiology- WOW, what a big word to describe the study of small organisms! Well, that's exactly what microbiology is, the study of (ology) small (micro) living (bio) organisms.

As a Natural Hair Care Professional, it is imperative for you to have a basic knowledge of microbiology. It is your responsibility to protect the health and safety of your clients as well as yourself. By obtaining this knowledge, you're taking the necessary steps to ensuring that potentially harmful, infectious organisms are not transmitted from one client to another or to yourself.



Bacteria

Bacteria, also called microbes or germs are tiny, one-celled microorganisms that have both vegetable and animal characteristics. These microbes can invade the body through breaks in the skin (open sores, abrasions, cuts & bruises) or through the natural openings of the body (nose, mouth, etc.). There are thousands of different kinds of bacteria all of which can be classified into two types.

1. Nonpathogenic: Non-disease producing bacteria
2. Pathogenic: Disease producing bacteria

Nonpathogenic Bacteria

Nonpathogenic bacteria are harmless organisms and can be very beneficial and do not cause disease. Some bacteria, like those found in certain dairy products (such as yogurt) contain healthy properties. Other forms of healthy bacteria are Probiotics and Antibiotics, which help the body fight infection.

Pathogenic Bacteria

Pathogenic Bacteria live everywhere, in our environment and can live inside of your body. This form of bacteria can be very harmful because they can cause infection and disease. When we are cleaning our salons or work areas, we must make sure that we are taking the necessary steps to reduce and prevent the spread of these organisms. Bacteria are single cell and can appear in one of three basic shapes (Cocci, Bacilli and Spirilla).

1. Cocci (kok-si) are round in shape and appear singular or in groups and can be transmitted through the air, in dust, or in the substance they settle in. There are three groups of Cocci.



- Staphylococci (staf-i-lo-KOK-si) the most common are pus-forming bacteria cells that form in bunches that resemble grapes. This form of Bacteria is generally carried by one-third of the population. Usually present in boils, pustules and abscesses. Signs of infection include pus, inflammation, swelling, redness, heat or fever and pain.

General Infection

Results when the bloodstream carries the bacteria and their toxins to all parts of the body.

MRSA

Methicillin-Resistant *Staphylococcus*: One staph bacterial infection that's extremely resistant to antibiotics.



- Streptococci (strep-to-KOK-si) are also pus-forming cells but instead of gathering in groups, they form in long chains. This form of bacteria can cause strep throat, septicemia (blood poisoning) and other serious infections.



- Diplococci (dip-lo-KOK-si) Diplo means double, which describes this form of bacteria that grow in pairs and is the cause of some life-threatening infections such as pneumonia.

2. Bacilli (ba-SIL-i) the most common form of bacteria cell, comes in the form of a bar or rod-shaped cell that can cause such diseases like tuberculosis, influenza and diphtheria.



3. Spirilla (speye-RIL-a) appear in the form of a spiral, coil or corkscrew and can cause highly contagious diseases such as syphilis and Lyme disease.



Bacterial Growth and Reproduction

Because of their micro size, bacteria can travel relatively easy. There are two stages involved in the growth cycle of bacteria, the active and inactive stages. During the Active Stage, the cells reproduce and grow rapidly and usually take place in damp, dirty and dark areas. During the Inactive Stage, the cells die or lay dormant.

Viruses

Viruses are sub-microscopic particles (much smaller than bacteria) that are very infectious and can live only within other living bacteria, plant, or animal cells. Viruses can enter the body through the nose, mouth, an open scar, or body fluids.

Blood borne Pathogens

Disease-causing micro-organisms in human blood and other body fluids that cause diseases such as hepatitis B virus (HBV), hepatitis C virus (HCV), and human immunodeficiency virus (HIV).

External Parasites

External parasites are plant or animal micro-organisms that live on or obtain their nutrients from another organism. Also known as Fungus or Fungi are molds and yeast that produce such diseases as Ringworm, Scabies (itch mites) and Pediculosis (head lice). All of which can be contracted through improperly disinfected implements.

Infection Control

Now that you've learned about the danger of microbes, let's go over how you can destroy them and prevent disease from spreading in your salon.

Infection Control is the term used to describe efforts to prevent the spread of disease and kill certain microbes and is divided into three main categories (sanitation, disinfection and sterilization).

1. Sanitation: To aid in preventing the growth of microbes by removing dirt and debris.

This is the first level of infection control and is designed to clean and reduce microbes on the surface but do not kill germs.

2. Disinfection: To destroy or kill a broad spectrum of microbes on nonporous surfaces, such as implements.

This is the second level of infection control and applies to all tools and implements that we use. Use caution and always read the manufacturer's direction when dealing with these forms of chemicals. Disinfection products are toxic, can be harmful to your skin and are very strong but get the job done.

Chemical disinfecting agents are available in various forms, including liquid, capsule and powder. When making your selection, consider the following:

- Is it nonirritating to the skin?
- Is it in compliance with your area's regulating agency/Health Department?
- Is it economical and easy to purchase?
- Is it easy to use?
- Does it work quickly?
- Is it noncorrosive (harmless to metal or plastic implements)?
- What type of container is recommended for storage and usage?

3. Sterilization: To destroy or kill microbes

This is the third and most effective Level of infection control. Usually doesn't apply to us because we are not puncturing or invading the skin when performing services.

As professionals it is of grave importance to practice infection control. It's up to you to know what to do. Always practice Infection Control in the work environment. Doing so will reduce or prevent the spread of diseases caused by infectious germs in the work environment.

First Aid

Now that you have studied the health aspects involved in natural hair care and hair braiding practices, let's discuss safety precautions. The State of Illinois has Good Samaritan Laws which encourages people to help others in emergency situations.



(745 ILCS 49/) Good Samaritan Act.

(745 ILCS 49/1)

Sec. 1. Short title. This Act may be cited as the Good Samaritan Act.

(Source: P.A. 89-607, eff. 1-1-97.)

(745 ILCS 49/2)

Sec. 2. Legislative purpose. The General Assembly has established numerous protections for the generous and compassionate acts of its citizens who volunteer their time and talents to help others. These protections or Good Samaritan provisions have been codified in many Acts of the Illinois Compiled Statutes. This Act re-codifies existing Good Samaritan provisions. Further, without limitation the provisions of this Act shall be liberally construed to encourage persons to volunteer their time and talents.

(Source: P.A. 89-607, eff. 1-1-97.)

<http://ilga.gov/legislation/ilcs/ilcs3.asp?ActID=2076&ChapterID=58>

This Law gives legal protection to those who administer emergency care to people in need. This requires that the "Good Samaritan" use common sense and a reasonable level of skilled training in emergency situations.

Basic training in First Aid practices is very important. As a licensed professional, you will come in contact with a lot of people and emergency situations can occur. Following are some basic first aid techniques and procedures:

Choking

Choking occurs when a foreign object becomes lodged in the throat or windpipe, blocking the flow of air. In adults, a piece of food often is the culprit. Young children often swallow small objects. Because choking cuts off oxygen to the brain, it's important to administer first aid as quickly as possible.

The universal sign for choking is hands clutched to the throat. If the person doesn't give the signal, look for these indications:

- Inability to talk
- Difficulty breathing or noisy breathing
- Inability to cough forcefully
- Skin, lips and nails turning blue or dusky
- Loss of consciousness

If choking is occurring, call 911. While waiting, American Red Cross recommends a "five-and-five" approach to delivering first aid:



- Give 5 back blows. First, deliver five back blows between the person's shoulder blades using the heel of your hand.
- Give 5 abdominal thrusts. Perform five abdominal thrusts (also known as the Heimlich maneuver).
- Alternate between 5 blows and 5 thrusts until the blockage is dislodged.

Fainting

Fainting occurs when the blood supply to your brain is momentarily inadequate, causing you to lose consciousness. This loss of consciousness is usually brief.

Fainting can have no medical significance, or the cause can be a serious disorder. Therefore, treat loss of consciousness as a medical emergency until the signs and symptoms are relieved and the cause is known. Discuss recurrent fainting spells with your doctor.

If you feel faint:

- Lie down or sit down. To reduce the chance of fainting again, don't get up too quickly.
- Place your head between your knees if you sit down.

If someone else faints:

- Position the person on his or her back. If the person is breathing, restore blood flow to the brain by raising the person's legs above heart level — about 12 inches (30 centimeters) — if possible. Loosen belts, collars or other constrictive clothing. To reduce the chance of fainting again, don't get the person up too quickly. If the person doesn't regain consciousness within one minute, call 911 or your local emergency number.
- Check the person's airway to be sure it's clear. Watch for vomiting.
- Check for signs of circulation (breathing, coughing or movement). If incoherent, begin CPR. Call 911 or your local emergency number. Continue CPR until (1) help arrives or (2) the person responds and (3) begins to breathe.

If the person was injured in a fall associated with fainting, treat any bumps, bruises or cuts appropriately. Control bleeding with direct pressure. <http://www.mayoclinic.org/first-aid/first-aid-choking/basics/art-20056637>

HYGIENE

Hygiene is the science that deals with the promotion and preservation of health. The practice of public hygiene as it relates to salons deal with the promotion and perseveration of health in a professional environment. Your job as a professional is to create and maintain a safe and



healthy work atmosphere. This is accomplished by practicing good public hygiene. The following are systems to maintain cleanliness.

Personal Hygiene

Maintaining personal hygiene is necessary for many reasons; personal, professional, social, psychological or simply as a lifestyle. The practice of personal hygiene helps to prevent the development and spread of infections, illnesses and bad odors.

Personal Hygiene Practices

Cleansing of the body is very important. Our bodies produce odor. Regular bathing and using deodorant/anti-perspirant plays a major role in preventing bad body odor.

- Bathing helps keep the body free from germs
- Brushing the teeth helps to maintain healthy gums and teeth which promote good physical health.
- Frequent hand washing prevents the spread of germs from one client to another.
- Wearing clean clothing
- Covering the nose and mouth when sneezing and coughing.

In conclusion, your knowledge of Salon Ecology/Infection Control is essential in building a successful career in the Beauty enhancement industry.

Learning More

Altogether Lovely, Inc. is a diverse business that intermingles a beauty salon, hair care product line, and educational training center. We provide quality products and services and educational opportunities to licensed hair care professionals. For more information about our educational opportunities, visit our website at www.altogetherlovelyinc.com

Altogether Lovely Inc. is a State of Illinois Approved Sponsor. To confirm, go to http://www.idfpr.com/DPR/WHO/CE_Provider/Cosmoceprovider.pdf



TEST QUESTIONS

True or False

1. Your understanding of Salon Ecology enables you to prevent the unnecessary spread of infectious diseases.
2. As a professional, you should check for changes and updates within your state regulatory agency.
3. OSHA was developed to regulate, protect, and inform employees about exposure to potential hazards or toxic materials in the work environment.
4. As a Hair Care Professional, it is imperative for you to have a basic knowledge of microbiology
5. Bacteria, also called microbes or germs are tiny, one-celled microorganisms that have both vegetable and animal characteristics.
6. Viruses can enter the body through the nose, mouth, an open scar, or body fluids.
7. Blood borne Pathogens are disease-causing micro-organisms in human blood and other body fluids that cause diseases such as hepatitis B virus (HBV), hepatitis C virus (HCV), and human immunodeficiency virus (HIV).
8. Infection Control is divided into three main categories (sanitation, disinfection and Pathogenic).
9. The State of Illinois has Good Samaritan Laws which encourages people to help others in emergency situations.
10. If choking is occurring, you don't have to call 911.
11. One of the "five-and-five" approaches to delivering first aid recommended by the American Red Cross is to perform five abdominal thrusts (also known as the Heimlich maneuver).
12. You don't have to treat loss of consciousness as a medical emergency.
13. As a Hair Care Professionals, it is of grave importance to practice infection control.
14. Molds and yeast that produce such diseases as Ringworm, Scabies (itch mites) and Pediculosis (head lice) are also known as fungus or fungi.
15. The practice of public hygiene as it relates to salons deal with the promotion and perseveration of health in a professional environment.

