

Training for Action: Motivating Nail Salon Workers and Owners to Adopt Safer Practices

Background

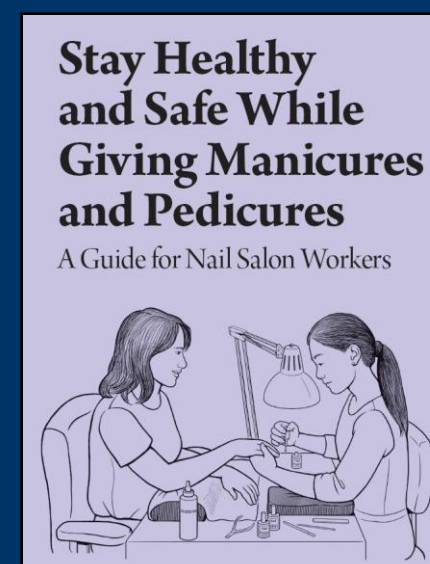
Cosmetology is one of the fastest growing professions in California. Currently, there are approximately 300,000 nail salon technicians in California, with 59% to 80% estimated to be Vietnamese immigrants.

On a daily basis, nail salon workers are exposed to solvents, glues, and other nail care products, some of which can cause cancer, respiratory and skin diseases, and reproductive harm. Salon workers perform detailed, repetitive work that can result in ergonomic injuries and are also exposed to a range of infectious diseases. Nail salon workers are at greater risk for health issues related to their work because of language and cultural barriers, and limited access to health care.

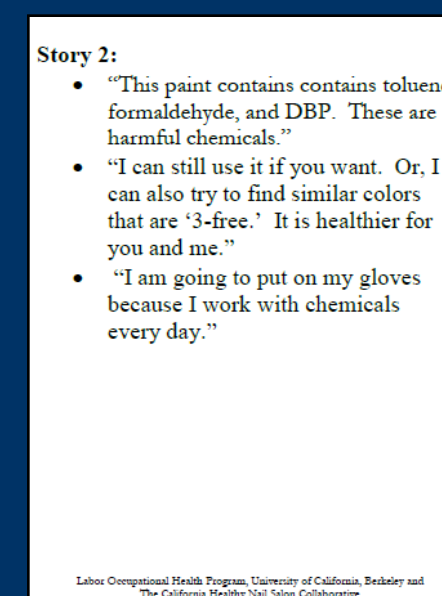
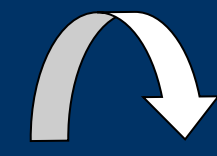
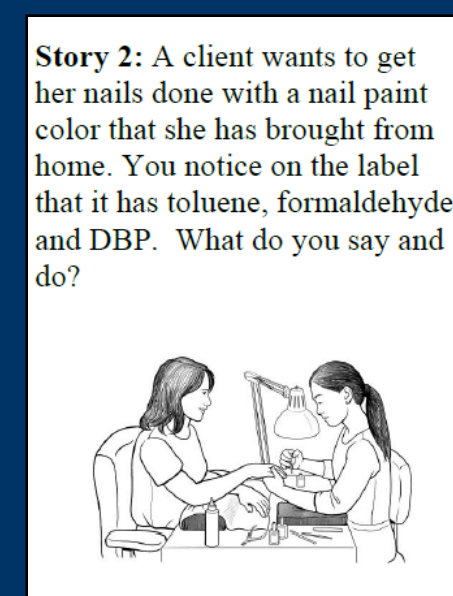
Methods

The Labor Occupational Health Program (LOHP) at the University of California at Berkeley partners with the California Healthy Nail Salon Collaborative (CHNSC) to train nail salon workers to adopt safe and healthy practices at work. Under a Susan Harwood Training Grant from the U.S. Occupational Safety and Health Administration, LOHP developed new training materials for salon workers including:

- a booklet, in English and Vietnamese, that provides nail salon workers with practical, low-cost suggestions for keeping healthy and safe while giving manicures and pedicures, and



- a set of bilingual flashcards that feature seven different stories that enable workers to practice speaking English in response to difficult health and safety situations.



Methods continued

Using a training-of-trainers model, LOHP trained CHNSC members to provide health and safety training to workers. The training uses participatory activities to trigger discussions with workers about how to minimize chemical exposures, prevent ergonomic injuries, and reduce exposure to infectious diseases in nail salons. The program also provides critical information about workers' rights including how to report hazards to Cal/OSHA.

Results

Trainings are currently underway in California. Trainers have adapted the training curriculum to fit their needs and have developed creative ways to engage workers in making salons safer.

As a result of the training, 94% or more of workers felt confident in carrying out tasks to minimize chemical, ergonomic, and infectious disease hazards. 83% of those trained expected to make changes at work to protect their own health and safety.

LOHP is now interviewing a sample of workers to assess the effectiveness of the training and to document changes that were made in salons. Trainings for owners are also underway.



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