PROTECTION OF HEALTH

Perspective of the hairdresser

Viral infections

Due to Covid-19

I. POSSIBLE KEY POINTS FOR THE EMPLOYER

1. **PRO ACTIVELY THINKING ABOUT**

In advance, carefully consider the following:

* *Appointment policy:* 
  + Only work with appointments by registration (Lithuania, Italy)
  + Provide a good planning of your appointments (Belgium): favourite customers planned first through pre-bookings, use social media (Greece)
  + Salons will operate with only a few clients per hour (it depends on the capacity of the salon) (Cyprus)
  + Take into account high risk groups (underlying problems, elderly people) (Belgium, Ireland) and people active in first aid and health care, technical services, etc.. when planning appointments (Ireland)
* *How to avoid crowding in your hairdressing salon*

(although this depends on the size of the salon) (Malta, Greece, Sweden, Lithuania)

* + For example, letting the customer wash their hair at home to save time is an option worth considering (Greece)

Contrary to Germany:

Because the corona virus is sensitive to cleaning agents, the hairdressing

services should only be performed on hair that has been washed in the salon.

* *Do not serve beverages and refreshments* to your clients? (Belgium, Ireland)
* *Double bagging of waste/discarded items (Ireland)*
* *Staff policy*

Identify employees who are at increased risk for more serious occupational diseases:

* older employees → human resources,
* employees with weakened immune systems, diabetes, heart, lung, kidney, high blood pressure → competent specialist occupational medicine (Croatia)
* *Awareness of use of stock products e.g. colour tubes being handled by more than one person etc (Ireland)*
* *Stress resilience:* how your co-workers and yourself can stay sufficiently resilient during Corona times (Belgium)
* *Motivation*: how you can keep motivating staff in this difficult period (Belgium)
* *Healthy lifestyle:*

Keep up a healthier lifestyle. Make sure that you don’t get exhausted or overly tired, because this has an effect on your immune system. (Malta)

Organise more breaks during working hours (Lithuania)

Ensure that staff wellbeing and welfare are top priority in the initial opening of salon, avoid burnout etc (Ireland)

1. **POSSIBLE TO DO’S OF THE EMPLOYER**

Develop an Employer's plan of action (Croatia)

Develop at company level a detailed Employer's plan of action. The plan must include:

* what measures
* who is responsible for implementing them
* when they will be implemented
* for which actions, or for which employees
* the identification of employees who are at increased risk for more serious occupational diseases

Enable risk groups to change, i.e. shift working hours in order to reduce contact in public transport (Croatia)

Provide training concerning the measures for the staff (Belgium)

* Make a clear schedule with the tasks they have to perform.
* Explain which protective equipment is available, and how they need to use it.
* Give an overview of how the treatments of the clients will take place.
* Explain which arrangements with clients are being made.
* Stress that the transfer occurs because of droplets from coughing and sneezing, but also by contact with infected surfaces.

Organize on-the-job non-contact body temperature measurement and warn employees with a body temperature above 37.3oC according to point 1. (Croatia)[[1]](#footnote-1)

Temperature measurements for staff and clients (Lithuania)

Create space to avoid crowding and jams. (Sweden)

Maximum one person per 4 m² (Denmark)

Make sure that everyone can work with a sufficient distance in between each other (1,5m). (Belgium, Malta, Finland, Germany) . Keep away 1,5-2m (Denmark). 2 m: Croatia, Iceland

Clearly indicate how much space the clients need to keep between each other. (Sweden)

Develop an alternative solution for possible cash register queues. (Sweden)

Make sure the hairdressing salon remains as virus free as possible.

1. *Provide for sufficient ventilation (Malta, Greece, Belgium, Ireland, Italy)*

Open the front door, to avoid customers using the door handle. Open as many windows as possible (Belgium)

In case of air conditioning, the doors and windows still need to be opened ajar (10 cm open) for the circulation of air … (Malta)

Sufficient ventilation with the highest possible rate of air refreshment. 100m³/h per hairdressing chair as a requirement for effective ventilation (De TRGS 530 "Hairdressing Trade" Germany)

1. *Remove all magazines from your hairdressing salon (Finland)*
2. *Limit food and beverages to a minimum (Malta)*
3. *Single use coffee cups (Lithuania)*

Make sure that good hand hygiene and skin protection is possible (Croatia, Belgium, Germany)

* Keep sufficient pH neutral hand soap, disposable tissues and hand sanitizer available (Belgium)
* Regularly refill pH skin neutral hand soap, disposable tissues, and hand sanitizer (Belgium)
* There must be information material on good hand hygiene (Denmark)

Display instructions: how hands should be washed correctly – how hands should be disinfected correctly - how a respiratory mask should be put and taken off correctly. (Belgium)

Offer all your staff Personal Protective Equipment (PPE) (Austria, Greece, Cyprus) and offer all your customers Customer Protective Equipment (C.P.E.)

* Including disposable gowns, masks, eye protections, zero contact thermometers, etc. (Ireland)

Make sure you buy enough protective equipment! (Belgium)

Ensure safe disposal of masks and other protective equipment – provide enough closed garbage bins (Croatia, Germany, Belgium)

Offer all your employees personal materials (if possible) – to prevent infection through equipment (Belgium)

Limit yourself only to necessary equipment present in the salon/institute. This makes cleaning easier. (Belgium)

Set up a cleaning programme with priority attention for the disinfection of:

* The work equipment such as combs, scissors, brushes, clips, razors … (Belgium, Croatia, Germany, Italy, Denmark)
* The disinfection of equipment must definitely be done after each customer.
* Or; it is possible to work with multiple pre-cleaned set in supply. For each customer, a separate pre-cleaned set must be used. (Germany)
* The disinfection must also definitely happen after every contact with blood or bodily fluids (Germany)
* After each use, the brushes and paint brushes must be cleaned with a household detergent.

Exception: Hairdryers (Germany)

* Do not clean these with alcohol based disinfectants in spray form, because of the fire, explosive and electrical shock hazard.
* Handgrips and the surfaces of the hairdryers must be swiped clean with disposable towels and fat solvent detergents. (Germany)
* Surfaces which get into contact with customers (sitting and contact surfaces), such as door handles, buttons, telephones, desktops, keyboards … - work post: tablet, chair, cash register... (Malta, Belgium, Croatia, Germany, Italy, Denmark)
* Cleaning with fat solvent household detergents (Germany)
* Extra disinfection is required if the surfaces have gotten into contact with blood or bodily fluids by a special event (for example injury) (Germany)
* The hairdressing salon
* Clean with water and soap or regular disinfectants. There are no specific measures required to disinfect a room (Belgium)
* One surface disinfection of the hairdressing salon per day is still sufficient (Germany)
* Hairdressing attire (Germany)
* Wash at minimum 60 °C in the washing machine in the hairdressing salon
* Use disposable capsules for your washing machine
* Towels, hairdressing gowns, respiratory masks (if not disposable materials)
* Wash at minimum 60 °C in the washing machine in the hairdressing salon (Belgium)
* Use disposable capsules for your washing machine (Germany)
* Cups, glasses, cutlery (if not disposable)
* Should be washed after use with water and detergent. (Belgium)

Organise the lunch break in a way that social distancing can be respected. (Belgium)

If there are locker rooms for the staff, make sure that social distancing can also be respected in there. (Belgium)

Make arrangements for the delivery of goods. (Belgium)

Set up information for your staff and for your customers (Sweden)

Communicate all preventative measures clearly in advance towards all your employees (if applicable) and all customers (Belgium)

Regularly check if the rules and arrangements are properly followed. (Belgium)

* Zorg Make sure to stay alert and reflect at what can be improved in terms of implementation.

1. **MATERIALS THAT DEFINITELY MUST BE PRESENT IN THE HAIRDRESSING SALON**

* Respiratory masks - hairdressers and customers (Finland, Greece, Malta, Belgium, Sweden, Lithuania, Cyprus, Denmark ..)
* Safety goggles if the 1,5 m distance cannot be guaranteed (Belgium, Denmark)
* Comprehensive visors : hair care, or the hairdresser cuts bangs. This can be particularly considered in the case of face-to-face contact of more than 15 minutes such as in carrying out facials, or where the task wears short-lasting face-to-face contact with many different people at a workday (Denmark)
* Disposable gloves (only nitril or vinyl gloves and no latex, in the right sizes). Reuse is not allowed. (Belgium, Greece)
* Hand sanitizer – hairdressers and customers (Malta, Belgium, Sweden, Lithuania, Greece, Iceland, Cyprus, Croatia)
* Hand cream (Belgium) – neutral, moisturising, and it needs to be free of colouring agents and aromatics
* pH skin neutral hand soap (ca 5,5 pH) (without colouring agents, aromatics, solvents, abrasives, preservatives) and water to wash your hands (Iceland) (Belgium)
* Dispensers with hand sanitizer - to prevent cross contaminations between the different employees (Belgium, Croatia)
* Dispensers with hand cream - to prevent cross contaminations between the different employees (Belgium)
  + alternatively, each employee should possess their own tubes of hand sanitizer and hand cream
* Paper towels - at all places where washing of hands with soap and water is provided (Croatia)
* Closed containers for safe disposal of the paw - at all places where washing of hands with soap and water is provided (Croatia)
* Single use coffee cups (Lithuania)
* Disposable towels or separate towels, which can be washed immediately.
* Disposable hairdressing gowns
* *Disposable neck strips (?)*
* Disposable capsules for your washing machine
* Disinfectant which contains more than 70% alcohol [[2]](#footnote-2) for disinfecting hairdressing equipment and the work surfaces
* Thicker, reusable gloves for disinfecting
* Bankcontact; or zero contact payment methods
* Banking app
* Separate material for all employees (if possible) to prevent contamination through equipment (Belgium)
* physical barriers between staff and client f.ex. a plastic or glass screen at the counter (Denmark)
* …

1. **POSSIBLE ADVICES**
2. **Advices for Customers**

Through internet and social media (Finland)

* Mention that they need to cancel appointments if they have any sickness or flu symptoms (Finland, Greece, Iceland, Ireland, Italy, Denmark)
* Each customers which shows symptoms will be asked on arrival to return home (Ireland, Denmark)
* Written notices and / or the Internet with regard to proper handwashing (Croatia, Denmark)
* Inform your clients that they need to first wash their hands when entering (Finland)
* Give instructions how they should cough or sneeze (Finland)
  + If you need to sneeze or cough, use inside of your elbow or handkerchief. (Finland, Iceland)
* Warn about the required distance of 1,5 meters - 2 meters (Croatia, Iceland) between employees (Belgium, Ireland, Denmark)
* Point out to them that children cannot get into contact with elderly people (Belgium)
* Advise customers not to take children or extra individuals to the hairdressing salon (Belgium, Iceland) but if it is a child then just one with the child (Iceland)
* Give instructions how they need to put on the respiratory masks, for example when applying shampoo
* Advise not to touch common contact surfaces like handrails, elevator buttons, doorknobs etc. (Iceland)
* Set up transparant rules with your customers whether your will serve drinks. (Belgium)

Recomended clients to wait in the car until their appointment if there are others in the salon (Iceland)

1. **Advise for your employees**

* Work limitations for employees
* Warn employees if they have a temperature above 37.3oC \*\* that they are not coming to work but contact their chosen GP / family doctor (Croatia) – see footnote 1
* If you have fever, a cough or you suspect to have Covid-19, dan don’t go to a doctor, but first contact the doctor by telephone (Croatia, Germany, Belgium)
* Employees who feel ill or show symptoms of cold (throat aches, smell and taste disturbance, dry cough) must inform the employer about this in advance, and announce that they are going to the doctor as a precautionary measure (Germany).
* For pregnant women, a temporary work ban can be in place, based on the law of protection of motherhood (see the specific recommendations for the federal states over the government for the protection of motherhood) (Germany).
* When an employee leaves the workplace because of diseases, the entire hairdressing salon needs to be cleaned.(Belgium)
* Similar for customers:
  + Written notices and / or the Internet information with regards to proper handwashing (Croatia)
  + Inform them that they need to first wash their hands when entering (Finland)

* + Give instructions how they should cough or sneeze (Finland)
* If you need to sneeze or cough, use inside of your elbow or handkerchief. (Finland, Iceland)
  + Warn about the required distance of 1,5 or 2 meters between employees (Croatia, Iceland)
* Try not to touch common contact surfaces like handrails, elevator buttons, door handles etc. (Iceland)
* Give practical instructions concerning:
  + *Mouth and nose masks:* (Malta, Belgium, Ireland, Germany, Italy)  
    To protect your environment if you are sick, or to protect yourself from big droplets if someone else in your close environment coughs or sneezes.)
    - Types of masks

Offered paper disposable masks or homemade masks (Germany)

It is not recommended to use homemade fabric masks, as a single study suggests increased incidence of infection using these (Denmark)

* + - The correct use of a mouth and nose mask (Belgium, Denmark)  
      The mask only helps if it is worn correctly. More so, ‘if the mask is not worn correctly, then it is possible transfer bacteria and the coronavirus on the mask’, according to the WHO.

*Approach when ‘putting on’ the respiratory mask (WHO)*

* Wash your hands before putting on the mask with soap or an alcohol containing gel.
* Make sure that the mask correctly protects your mouth and nose, and that it fits nicely, so that there are no more openings between the mask and the face.
* And don’t touch your face and the mask if you are wearing the mask (Denmark)

*Approach when ‘taking off’ the respiratory mask*

* Wash your hands first before taking off the mask with soap or an alcohol containing gel.
* Disposable mask:
  + Throw away the mask in a closed container
  + Wash your hands once more afterwards
* Textile masks: wash and reuse
  + - Replacement of the masks
* Masks quickly get contaminated
* Every time they are dirty, damaged or soaked (Belgium, Germany, Denmark)
* At least replace it twice a day
  + - Washing of the respiratory mask
* At 60 °C or in boiling water, and with soap in the washing machine.
* The hotter, the better
  + *Safety goggles:* if the distance of 1,5 m cannot be guaranteed (Belgium, Denmark)

Wearing a mask does not mean you are completely protected!

* *Visors* can be particularly considered in the case of face-to-face contact of more than 15 minutes, such as in carrying out hair care, or the hairdresser cuts bangs, facials, or where the task wears short-lasting face-to-face contact with many different people at a workday (Denmark)  
    
  It is not known which measure has the most important impact, and as such other measures are necessary, such as:
* *Frequently washing hands with soap (Germany, Belgium)*
  + - * This should be done because the corona virus is sensitive to fat solvents
      * Apply in a balanced ratio (Germany)

and

* *The meter and a half distance, the correct coughing technique and frequent cleaning (Denmark)*
* *Disposable gloves:* the correct use, as well as the correct way of putting them on and off, and the discarding. Reuse is not allowed! (Belgium, Ireland, Italy)

Gloves must also be used when handling unpackaged food (Denmark)

* + *Hand sanitizer:* how and when to use best
  + *Hand cream:* how and when, as well as the correct way of applying it. Also show them for example that they should also apply hand cream again before going to bed, or use a parafine bath or mask for a good recovery of the skin. After coating with handcream, it is also possible to wear cotton gloves. (Belgium)
* Work Hygiene: after every customer: disinfection of hairdressing material, all surfaces, as well as desks, desktops, phones, keyboards with disinfectant which contains more than 70% alcohol.[[3]](#footnote-3) (Croatia)(Ireland)
* Use a disposable towel and a disposable gown for each customer (Finland, Belgium, Lithuania, Greece, Italy) Or:
* Use a separate towel for each customer, and a separate hairdressing gown, which afterwards needs to be washed ‘immediately’ and not be reused. (Malta)
* Do not touch your face before washing or disinfecting your hands. (Belgium, Iceland, Croatia)
* Do not wear jewellery, watches, or bracelets on the hands and wrists. (Belgium)
* Maintain shortly trimmed and clean nails (avoid nail polish and artificial nails). (Belgium)
* Cover any possible wounds (Belgium)
* Wear as much short sleeves as possible (Belgium)
* Maintain a healthy lifestyle

….

II. CHRONOLOGICAL OVERVIEW

**1. WHEN ENTERING THE HAIRDRESSING SALONS**

Open front door

* that way, the use of the door handle is avoided (Belgium)

Do not shake hands with your customers.

* greeting each other with a friendly smile is sufficient. (Iceland, Belgium)

The customers wash their hands when entering the hairdressing salon (Finland)

* correct hand hygiene, including hand cream (Croatia)
* towels
  + paper disposable towels for drying the hands (Croatia)
  + separate towel which definitely cannot be reused, and needs to be washed ‘immediately’ after (Malta)
  + closed containers for safe disposal of the towels (Croatia)

Hand sanitizer

* it is best if the customer also uses hand sanitizer (Cyprus, Ireland, Croatia, Belgium, Ireland, Italy)
* provide a dispenser

Boxes of tissues

* the hairdresser supplies boxes of tissues and encourages their use

Masks for the client

* before entering to the premises, the salons provide their customers masks (Cyprus, Italy)
* instructions are given by the hairdresser to the customer concerning the correct use of the respiratory mask

Extra advises from the hairdresser to the customer:

* explanation how they should cough or sneeze (Finland), by using the inside of your elbow, or a handkerchief (Finland, Iceland)
* touch as little objects and common contact surfaces as possible (Iceland)
* explain whether drinks are offered, and why not

The hairdressers wash their own hands

* the hairdresser also washes their hands and disinfect their hands before working with a new client

Maintain distance (as much as possible) of 1,5 m (or 2 m: Croatia, Iceland)

**2. DURING THE HAIRDRESSING SERVICE**

Correct disposable gloves and a respiratory mask or a visor (Malta, Belgium, Lithuania, Denmark…)

* the hairdresser is extra careful in the correct wearing of the gloves and the respiratory masks, and their removal

Use of separate equipment by each hairdresser

* to prevent contamination through equipment

New disposable towel and disposable hairdressing gown: for each customer

Hairs of the client need to be washed FIRST before performing any treatments (cutting, brushing) (Finland, Germany)

* clean hair means less exposure, because cutting, brushing, etc. is not always easy with gloves (Finland)

Respiratory mask customer – certainly when applying shampoo

* the customer wears his respiratory mask at all times, and most certainly when applying shampoo, because the customer is looking upwards towards to hairdresser… (Malta)

Use of stock products e.g. colour tubes

* awareness of the hairdresser that when using stock products, these products are being handled by more than one person (Ireland)

Avoid colouring eyebrows and eyelashes, services for beards

* such as cutting, trimming and colouring etc…. (Finland)

Taking off gloves correctly: after dying hairs

Correct hand hygiene, including hand cream

Towels

* paper disposable towels for drying hands (Croatia)
* separate towel which definitely is not reused and which needs to be washed ‘immediately’ after (Malta)

Closed containers for safe disposal of the towels (Croatia)

No use of neck brushes

* because it is very difficult to disinfect after each customer) (Finland).

Use single use coffee cups

* if drinks are being served (Lithuania)

Distance hairdresser – client:

* keep sufficient distance and avoid unnecessary close contact with the customer. (Malta, Ireland,…)
* one meter of distance is too much to provide a good service, but we must learn to keep an appropriate distance (Malta)

Wear safety goggles

* if the hairdresser cannot guarantee the 1,5 m (Belgium)

Distance between the customers themselves:

* keep the distance between the customers in the hairdressing salon at least 2 m (Iceland)

**3. AFTER EVERY HAIRDRESSING SERVICE**

Wash your hands

* hands need to be washed after every service/customer (Malta, Iceland, Austria)

Hand cream (Belgium)

* regularly use a neutral, hydrating hand cream which also contains no aromatics or colouring agents
* by using a skin protection cream, the skin barrier recovers more rapidly after washing your hands multiple times

Gloves

* hairdressers change gloves after each customer. (Finland) (Belgium)
* be extra careful how the gloves should be taken off (Malta) (Belgium)

Change the hairdressing gowns, towels, neck strips after each customer. (Finland, Belgium, Lithuania)

* all towels and hairdressing gowns which have been used, need to be washed ‘immediately’ and not be reused (Malta, Greece)

Disinfect all instruments

* hairdressers clean all instruments after every customer (Finland, Belgium, Greece, Lithuania, Austria, Croatia)

Disinfect all work surfaces

* hairdressers: they also clean all work surfaces (arm rests chairs, tables, cash registers, backwash units, desks, desktops, phones, keyboards …) after every customer (Malta, Finland, Belgium, Lithuania, Austria, Croatia)
* use a disinfectant which contains more than 70% alcohol \* (Croatia)

You can also disinfect the materials and working surfaces in the presence of the next customer. That way, the customers see that they are in safe hands.

See also UK: ( the image below) Surviving of the Corona virus on surfaces:

* plastics: 5 days
* aluminium: 2-8 hour
* paper: 4-5 days
* surgical gloves: 8 hour
* glass: 4 days
* wood: 4 days
* steel: 48 days

Extreme cleanliness of the salon (Malta)

**4. DURING PAYMENT AND LEAVING THE HAIRDRESSING SALON**

No cash payments

* only cards or through a banking app (Lithuania, Belgium, Ireland)

Disinfect the card reader after each use

Disinfect your computer screen and keyboard after each use

Cash geld (if it is not possible to work with cards or a banking app)

Definitely wash your hands again if cash money is being used.

Hand sanitizers

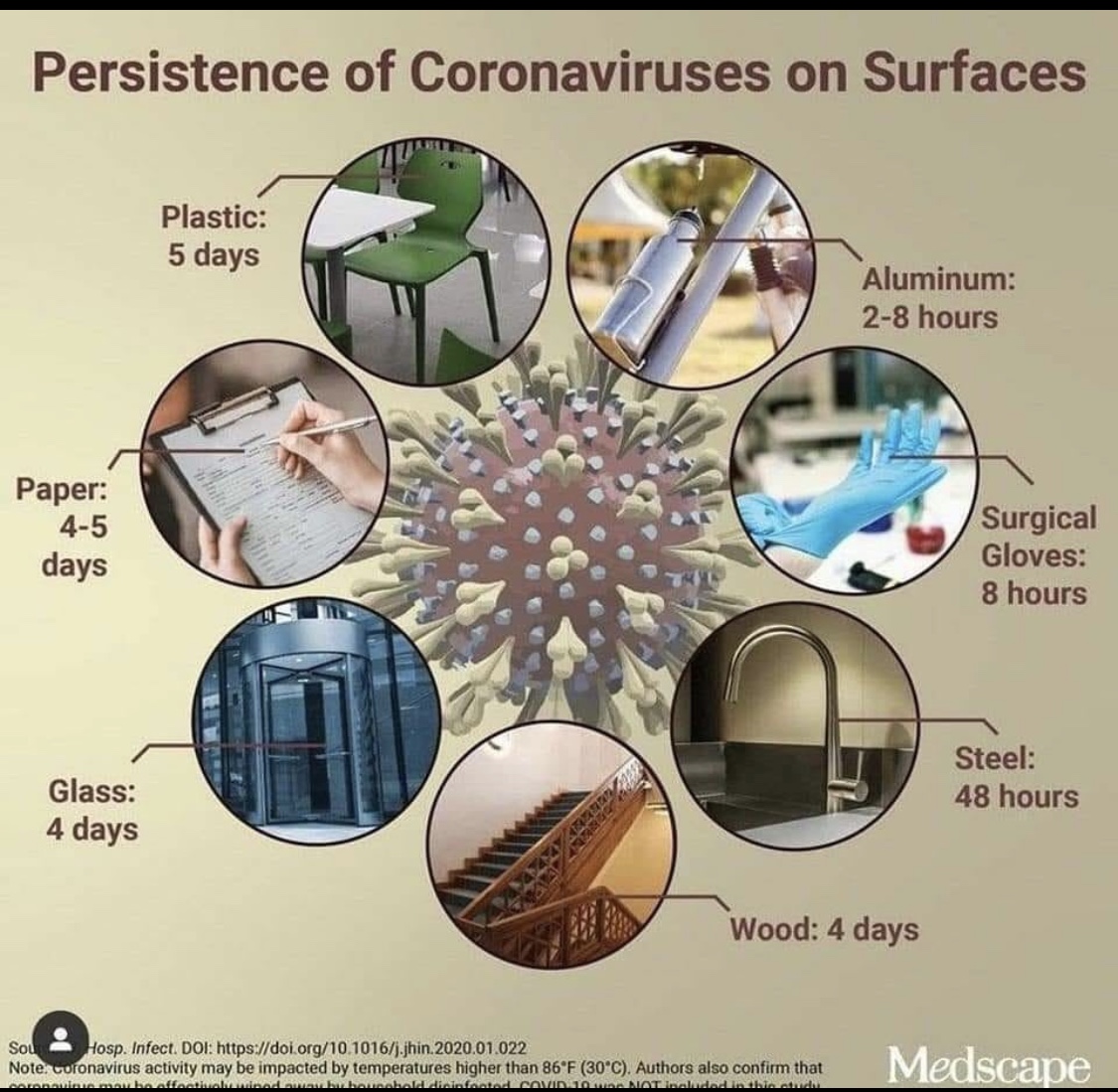
* the customers should use hand sanitizers when leaving the hairdressing salon (Ireland)

Door handles

* disinfect the door handles as well after each client (Finland)

Clean your hairdressing salon at least once each day

UK:



1. Basic body temperature in humans varies from person to person. Varies with part of the day, in the morning or in the afternoon, and in women it still varies with the menstrual cycle. Therefore, a temperature between 37 ° C and 38 ° C is considered subfebrile temperature. Typically, an elevated temperature in terms of selections is considered to be 37.3 ° C

   This is also stated in the WHO recommendation for employers, but again, basic body temperature is important.

   For example; a worker with a base temperature of 36.3 ° C certainly has an elevated temperature of 37.3 ° C, ie higher by 1 grade C, while a woman who has 36.7 ° C in one part of the cycle may have 37.3 ° C and is normal temperature. According to the above, we believe that a body temperature of 37.3 ° C would be recommended border. (Croatia) [↑](#footnote-ref-1)
2. \* According to the recommendations of epidemiologists the following types of disinfectants are allowed: sodium hypochlorite (0.05-0.5%); ethanol (70%), glutaraldehyde (2%); isopropanol (50%); benzalkonium chloride (0.05%); sodium chlorite (0.23%) [↑](#footnote-ref-2)
3. \* According to the recommendations of epidemiologists the following types of disinfectants are allowed: sodium hypochlorite (0.05-0.5%); ethanol (70%), glutaraldehyde (2%); isopropanol (50%); benzalkonium chloride (0.05%); sodium chlorite (0.23%) (Croatia) [↑](#footnote-ref-3)