

Part B: Industry-specific requirements

1. Beauty therapy procedures

1.1 General

Pump dispenser outlets are a potential source of contamination, so the operator should ensure any make-up, fluid, cream, ointment or similar substance is removed from the original container or tube (including self-dispensing pumps) using a clean disposable applicator. Leftover creams, ointments or similar substances should not be returned to the original container and should not be used on any other client.

Applicators used for dispensing should not be re-dipped into the original container and should be discarded after each client. (Single-use applicators are recommended.) Due to the risk of contamination, refillable liquid soap and other dispensers should be cleaned and dried before reuse and they should not be topped up. Drop-in cassette dispensers are more convenient and economical.

Ultraviolet light cabinets are not suitable as drying cabinets for brushes or other equipment. Professional make-up artists should follow the information in these guidelines when applying make-up in all settings or performing other beauty procedures.

1.2 Methods of hair removal

1.2.1 Waxing

Concerns have been raised that there is a risk of passing microorganisms from one client to the next if waxing is not performed properly. Even though the risk is believed to be low, steps can be taken to reduce the risk further. It is also important that beauty therapists can demonstrate their practices are safe, so that should a client develop an infection, the beauty therapist can demonstrate that they have taken adequate precautions. Beauty therapists are therefore encouraged to employ a risk management approach to their procedures.

Prior to waxing, the area of skin being waxed should be cleaned using a skin cleanser. This will reduce the levels of skin bacteria and the possibility of skin infection. It will also remove dirt and oils from the skin providing better wax adhesion.

Wax must not be applied to broken skin or over an area where blood has been drawn. If blood is drawn during a procedure, the operator should follow the procedures outlined in 3.2.4 and 3.2.5 (Part A) to manage the bleeding.

If wax and instruments are contaminated with blood or body fluids/substances, then the following procedures must be performed:

- the wax must be immediately discarded into the clinical and related waste container
- wooden applicators must be placed into the clinical and related waste container
- metal applicators or tweezers must be either discarded (placed into sharps container) or cleaned and disinfected before being used on another client. If contaminated with blood or body fluids they should be cleaned and sterilised. The metal instruments should be initially cleaned using a wax solvent to remove all traces of wax.

Wax is supplied in several forms; glucose (water soluble), strip (soft) wax, and hot (hard) wax.

Glucose (water soluble) wax

This type of wax is more liable to permit the growth of potentially harmful microorganisms. Its use is not recommended.

Strip (soft) wax

Strip wax is available in two forms; water based or oil based. Only oil based strip wax should be used on clients. Strip wax should not be reused. Used wax should be discarded into a plastic bag that is then sealed and placed in the general waste bin.

Hot (hard) wax

Hot wax is commonly re-used several times before being discarded. If being re-used the wax should be heated to a temperature of 125° C (allows pouring consistency) and strained free of hairs and skin debris. Heating to this temperature would also destroy any harmful microorganisms. Straining should be performed using a fine mesh strainer (not a common kitchen strainer) and gauze. The gauze should be discarded into a plastic bag that is then sealed and placed in the general waste bin. The mesh strainer should be cleaned and disinfected.

Hot wax used to remove hair from the face, underarm and pelvic area should not be re-used.

Roll on applicators

Roll on applicators that can be dismantled and thoroughly cleaned are recommended. Applicators that cannot be dismantled should not be used because they contact the client's skin and cannot be cleaned and disinfected adequately between clients. In between clients re-usable applicators should be:

- initially cleaned using a wax solvent to remove all traces of wax
- thoroughly cleaned using the method in Part A, 5.2
- dried, reassembled and stored appropriately.

Wax cartridges with their roll on applicators attached should be placed in an enclosed heating unit capable of heating the wax cartridge and roller head to a temperature level of 70-80° C for a minimum of 15 minutes.

Waxing and risk management

The risk of spreading infection from one client to another through wax has been raised as an issue. The concern is that pots of wax could be contaminated with skin or blood borne viruses from one client, especially if bleeding has occurred, and then spread to the next client if the same equipment is used. There is insufficient evidence to clearly demonstrate the extent of this risk, but it would appear that the risk is low. However, operators should ensure that their processes for waxing clients and management of equipment minimises the potential for cross contamination.

Operators should also maintain documentation (see part E appendices) of their processes.

Using a risk management approach to waxing the Department of Human Services recommends either of the following two methods, which remove the possibility of cross contamination between clients altogether:

- the use of single use pots for each client; the wax pot should be thoroughly cleaned after use.
- avoidance of re-dipping applicators if wax pots are used on more than one client. Single-use wooden spatulas are recommended because these can be thrown away after use.

However, if neither of these methods is practical, it is essential that temperature control be employed, as a means of controlling any possible risk. All types of wax (both strip and hot wax) should be kept undisturbed at a minimum temperature level of 70–80°C for a minimum of 15 minutes between clients. (Viruses such as HIV would be expected to be inactivated at this temperature.) For strip waxing, this should be monitored and recorded before the first client and at least one other time during the day. For hot waxing, monitoring should occur between clients, or at least twice during an 8-hour day. For both strip and hot wax, monitoring should also occur after pots have been refilled or replaced with a new pot. The temperature and time of holding should be recorded and available for inspection for a reasonable period (at least one year).

Client advice

Skin may be more susceptible to irritation or infection for up to 48 hours after a waxing procedure, so clients should be advised that they should not:

- swim or have a spa bath
- wear tight clothing such as jeans, tights and leotards, because these may cause excessive perspiration
- sunbathe or have a solarium treatment
- use a deodorant on the waxed area.

1.2.2 Electrolysis

The following three types of electrolysis are commonly used by beauty therapists to remove unwanted hairs.

1. *Thermolysis* uses radio waves to generate heat. The effect is to coagulate the papilla (blood supply) to prevent it from feeding the bulb. This prevents the follicle from producing more hairs.
2. *Electrolysis* uses a direct current (galvanic). When applied through the probe, the current produces a chemical called 'lye', which destroys the growing cells and the papilla.

3. A *combination* of the other two types can be used for efficiency and comfort.

All three methods are applied by passing a fine probe down the hair follicle without breaking the skin. When the probe is in position, the correct amount of one or both currents is applied. The transmission of blood-borne viruses and other infections may occur during the removal of hair by electrolysis, because the electrically heated needles inserted into hair follicles may become contaminated with blood. To reduce the risk of transmission of infection, it is essential that only sterile single-use needles are used.

Sterile single-use needles are inexpensive and readily available, so reuse of electrolysis needles is not necessary. One needle may be used for removing as many hairs as necessary from one client during one procedural session, but the needle must be sterile at the first time of use. The needle must be disposed of into an approved sharps container immediately after use. Electrical currents do not sterilise needles.

1.2.3 Lasers

Department of Human Services recommends that personal care and body art premises operating lasers follow the standards on the safe use of lasers in health care (AS/NZS 4173:1994) and laser safety (AS/NZS 2211.1:2004). Lasers used in personal care and body art premises are usually self-contained units with limited equipment requiring cleaning and sterilisation. Although the end through which the laser beam is released should not come into contact with the client, it will become contaminated during use, via the dispersal of contaminated tissue. The end pieces of the laser arm should be cleaned and sterilised after each client use and then stored in a dry place.

1.2.4 Alternative forms of hair removal

Other methods of hair removal are available, but limited information is available on both these techniques and their infection risk. The following are three examples.

1. *Plucking* involves using tweezers or another instrument to 'pluck' the hairs one by one from the area. It is best suited to small areas such as eyebrows. Plucking is more likely to cause bleeding due to the nature of the hair removal. Instruments must be cleaned and disinfected after each client (see part A, sections 5 and 6). If contaminated with blood or body fluids they should be cleaned and sterilised.
2. *Sugaring* involves heating a sugar-based paste, spreading it onto skin and then removing it using the hands to 'roll' it against the hairs to remove them. Sugar-based pastes must not be used in personal care and body art premises because they provides a perfect medium for the growth of potentially harmful microorganisms.
3. *Threading* involves pulling hairs from the follicles using a thread that is moved quickly over the skin, catching the hairs and causing their dislodgement from the follicle. Threads must be used only once and then discarded.

1.3 Manicure, pedicure and nail treatments

1.3.1 General

The hands and feet of clients should be cleaned and dried before a manicure or pedicure. Any instrument or part of an instrument used on a client should be cleaned with detergent and warm water, dried and thermally disinfected before being used on another client. If an instrument penetrates the skin, then it requires cleaning and sterilisation. Single-use instruments are recommended and should be discarded after each client use.

1.3.2 Fungal (onychomycoses) and bacterial nail infections

Infections can be spread between the client and operator, and from client to client, if the instruments used have not been thoroughly cleaned and sterilised or disinfected between clients. Good hygiene and sensible precautions will reduce the transmission of nail infections.

Fungal infections can cause tinea or ringworm, affecting hair, skin and nails. Paronychia (infection of the nail folds) can be caused by *Candida albicans* (a form of yeast infection) and the bacteria *Staphylococcus aureus* and *Streptococcus pyogenes* (group A streptococci). If the bacterium produces a cellulitis (a spreading infection), then it can cause severe damage and become serious very quickly. Fungi more commonly infect toenails than fingernails; less than 10 per cent of nail infections involve fingernails.

In the attachment of acrylic nails and similar products to normal nails, care should be taken to avoid the formation of spaces between the two, which could provide the perfect environment for microorganisms to grow. It is important that an operator does not work on nails that are abnormal in appearance or have any evidence of infection (redness, pus, tenderness or swelling). The operator should not disguise nails affected by an infection, and should advise the client to consult a medical practitioner.

1.3.3 Manicure and pedicure

Bowls used to soak the hands or feet of clients should be cleaned and dried between each client use (see part A, section 5).

1.3.4 Chemicals used in nail treatments

To protect the operator and the client against undesirable chemical exposure:

- ensure premises are well ventilated
- only use drop-on or brush-on products rather than aerosol products
- keep lids on all containers to reduce vapour escaping into the air, because cotton wool and similar articles soaked with chemicals will disperse fumes into the room (see part A, section 3.5).

1.3.5 Instruments

The following instruments should be used:

- single-use chamois buffers and emery boards (one for each client as they can not be effectively cleaned)
- reusable cuticle sticks and cutters, which should be cleaned and dried between clients (single - use cuticle sticks are recommended).
- nail brushes, which should be cleaned and dried between clients
- burrs used for buffing, which should be cleaned and dried between clients (single - use burrs are recommended).
- single-use nail files (reusable nail files should be cleaned and dried between clients).

Disinfection (thermal/chemical - 70% alcohol) may be carried out following cleaning.

1.4 Facials

The client's face should be cleaned before any massage of facial tissue or the application of lotions, creams, moisturisers or make-up (see part A, section 2.5). All applicators should be either single use or cleaned and dried after each client. Ultraviolet light cabinets are not suitable as drying cabinets for brushes or other similar equipment.

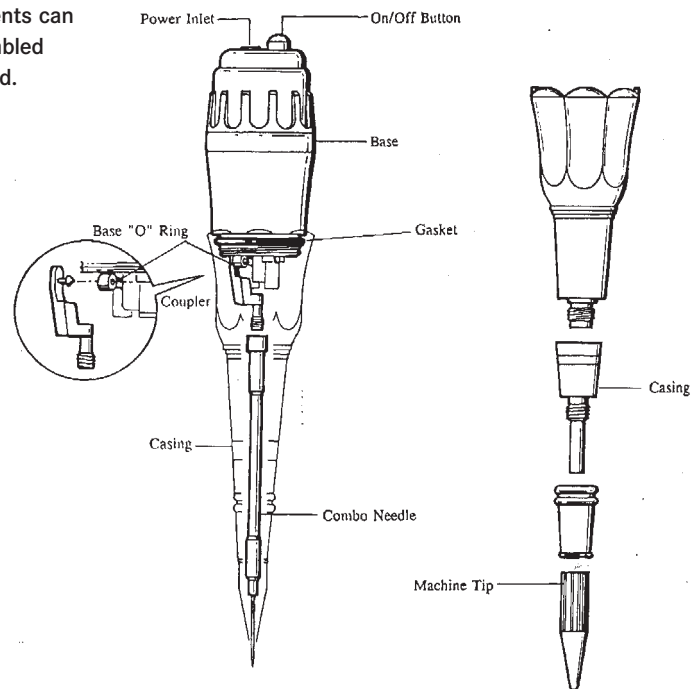
1.5 Cosmetic tattooing

See part B, section 4 as the main reference for this section. Cosmetic tattooing is also referred to as pigment implantation, semi-permanent creation, permanent make-up, derma-impigmentation and micro-pigmentation. All these procedures are similar to those involved in tattooing. The same principles apply regardless of the type of premises in which the tattoo is undertaken.

It is recommended that cosmetic tattooists use single-use devices. Reusable instruments should be used only if the premises has its own steriliser or has convenient access to one so the device is appropriately cleaned and sterilised. The needle chamber must be capable of being detached from the motor housing to enable thorough cleaning and sterilisation; consequently, tattooists should use only those devices where all parts can be sterilised (see figure 5).

Figure 5: Example of an acceptable instrument for cosmetic tattooing.

All components can be disassembled and sterilised.



Source: Advanced International.

1.6 Electrodes for muscle stimulation

There is a risk of infection if the electrodes become contaminated. As electrodes cannot be immersed they should be wiped with a cloth dampened in warm water and detergent, rinsed and dried after each client use. Wipe electrodes over with a solution of 70 per cent alcohol and dry using a lint-free cloth (see part A, section 5.3).

1.7 Other beauty procedures

There are many other beauty treatments available to clients, such as mud baths, skin exfoliation, body polishing, brush cleaning, eyelash perming and tinting, eyebrow tinting and bleaching of facial hair. Each proprietor and operator should assess the risk of infection associated with each procedure, using the information provided on low-, intermediate- and high-risk procedures (see table 1, part A, section 5.1 and part C).

1.8 Mobile beauty therapies

Low-risk procedures such as hairdressing, hairstyling, manicures/pedicures and make-up procedures can be conducted in the client's home or other settings (for example, a hotel, hostel, day care centre or nursing home) if the operator is registered with the local government within which they reside. Mobile personal care and body art businesses that conduct skin penetration procedures are not permitted.

1.9 Beauty therapy – cleaning, disinfection and disposal schedule

Table 6: Beauty therapy equipment – cleaning, disinfection and disposal schedule

	Equipment	Reason	When	How	Additional information
High risk	Reusable instruments Tattoo gun	Potential for skin infections or for blood borne virus transmission.	After each client.	Wash in warm water & detergent. Rinse in hot running water. Dry with lint free cloth. Package with chemical indicator and seal. Sterilise.	Note: Some parts of the tattoo gun are not immersible. Use a lint free cloth for all stages of the cleaning process. Store appropriately.
	Single-use needles	Potential for skin infections or for blood borne virus transmission.	Dispose of after each client.	Dispose of into a sharps container.	Refer to part A, section 2.4.1.
	Tweezers Probes	Potential for skin infections or for blood borne virus transmission.	After each client.	Wash in warm water & detergent. Rinse in hot running water. Dry with lint free cloth. Sterilise if contaminated.	Use a lint free cloth for all stages of the cleaning process. Store appropriately.
	Lasers	Potential for skin infections or for blood borne virus transmission.	After each client.	Wash in warm water & detergent. Rinse in hot running water. Dry with lint free cloth. Sterilise or disinfect laser parts as appropriate.	Use a lint free cloth for all stages of the cleaning process. Store appropriately.

Table 6: Beauty therapy equipment – cleaning, disinfection and disposal schedule *continued*

	Equipment	Reason	When	How	Additional information
Intermediate risk	Face brushes – Make-up – Eyebrow – Other	Risk of infection if previous client has skin lesions or infection.	After each client.	Rinse free of lotions, creams and make-up.	Note: Brushes & plastic items will not withstand the sterilisation process. Do not dry these items in an Ultraviolet Light (UV) cabinet as they become brittle with a shortened life.
	Wash in warm water & detergent.				
	Face sponges	Rinse in hot running water.			
	Dry thoroughly.				
Intermediate risk	Non-immersible equipment: Tattoo guns	Potential for infection.	After each client.	Wipe over with cloth dampened in warm water & detergent.	Use a lint free cloth for all stages of the cleaning process. Single use electrodes should be disposed of in the general waste. May be disinfected in addition to cleaning.
	Electrical items			Rinse by wiping with cloth dampened in hot water.	
	Reusable muscle stimulator electrodes			Dry thoroughly.	
				Wipe over with cloth dampened with 70% alcohol solution and allow to dry.	
Low risk	Nail clippers/scissors	Potential for infection.	After each client.	Wash in warm water & detergent.	Become high risk if they penetrate or abrade the skin.
	Cuticle sticks			Rinse in hot running water.	
	Nail burrs			Dry with lint free cloth.	Note: Plastic equipment may not withstand the sterilisation process.
	Nail files			Dispose of or sterilise if contaminated.	
	Eyelash curlers	Potential for infection.	After each client.	Wash in warm water & detergent.	May be disinfected in addition to cleaning.
	Nail brushes			Rinse in hot running water.	Become high risk if they penetrate or abrade the skin.
	Nail buffers			Dry with lint free cloth.	
	Emery boards			Dispose of or sterilise if contaminated.	Note: Some buffers (and handles) may be washable (for example, chamois) – see the manufacturer’s instructions on cleaning and drying these items.
					Emery boards should be single use and disposed of after each client as they cannot be washed and dried effectively.

Table 6: Beauty therapy equipment – cleaning, disinfection and disposal schedule *continued*

	Equipment	Reason	When	How	Additional information
Low risk	Hand bowls	Potential for contamination.	After each client.	Wash in warm water & detergent. Rinse in hot running water. Dry with lint free cloth.	
	Foot baths	Potential for contamination.	After each client.	Wash in warm water & detergent. Rinse in hot running water. Dry with lint free cloth. Use chlorine-based disinfectant (bleach) to disinfect, rinse in hot water and dry with lint free cloth.	Note: Cleaning may not be sufficient to remove some fungal microorganisms therefore disinfection after each client is essential particularly if the foot bath is of the 'spa' type. Refer to part A, section 5.3.
	Single use Applicators	Potential for infection.	After each use.	Dispose of into a clinical or related waste container.	Use once only.
	Bottles/sprays/ pump dispensers: – Liquid soap – Water – Lotions – Creams – Gels	Potential for contamination.	When empty.	Wash in warm water & detergent. Rinse in hot running water. Dry thoroughly with lint free cloth before refilling.	These should never be 'topped up'. Manufacturer's containers should be discarded when empty.
	Dye mixing bowls	Potential for contamination.	After each client.	Wash in warm water & detergent. Rinse in hot running water. Dry with lint free cloth.	Prevent residual dyes being mixed into new preparations.
	Wax thermometers Wax pots Reusable wax applicators – Metal – Plastic Saucepans Strainers	Potential for skin infections or for blood borne virus transmission.	After each client.	Remove wax using appropriate solvent for the type of wax. Wash in warm water & detergent. Rinse in hot running water. Dry with lint free cloth.	Wax applicators should be sterilised after being cleaned if: – Blood is drawn during waxing procedures – The wax pot is used for more than one client – Redipping of applicators into the same wax pot occurs. There is a risk of burns during reheating of hot (hard) wax prior to reuse. Refer to part A, section 3.2.
	Nail varnish brushes	Potential for contamination.	After each client.	Remove varnish using an appropriate solvent. Wash in warm water & detergent. Rinse in hot running water. Dry with lint free cloth.	Use single use brushes or varnish pots.

Table 6: Beauty therapy equipment – cleaning, disinfection and disposal schedule *continued*

	Equipment	Reason	When	How	Additional information
Low risk	Linen – Towels – Gowns – Hair covers – Hair bands – Other	Potential for infection.	After each client.	Wash in hot water (70-80°C) and detergent. Dry in open air or in clothes dryer on hot setting. Dry as required by type of material.	Place into washable leak-proof linen bin before laundering.
	Capes	Risk of infection if previous client has neck lesions or infection.			Use a clean towel or paper tape around neck.
	Client couch/chair	Potential for contamination and prevents dust accumulating.	After each client	Wash with warm water & detergent. Dry thoroughly with lint free cloth.	
	Equipment trolley	Prevents dust accumulating and contaminating clean equipment.	Weekly	Use damp cloth to remove dust. Wash with warm water & detergent. Dry thoroughly with cloth before refilling.	Ensure items are in closed containers. Cover when not in use. Use a lint free cloth for cleaning.