

DIGRIGOLI SCHOOL OF COSMETOLOGY – PHYSICAL DEMANDS & SAFETY REQUIREMENTS

Physical demands and technical standards required of cosmetology students include, but are not limited to:

- Standing in one place for long periods of time
- Ability to bend and stretch
- Manual dexterity
- Repetitive motor skills (including small muscle control)
- Eye/hand coordination
- Normal or device corrected vision and hearing
- Ability to distinguish color
- Not prone to psoriasis, dermatitis or other chronic skin diseases with open lesions
- Working with chemicals and skin care products
- Skill in oral and written communication
- Effective interpersonal relation skills
- Strong study habits and skill in test taking
- Ability to instruct clients
- Maintaining emotional control
- Short and long-term memory
- Ability to follow instructions
- Ability to read textbooks and other written materials

While the Massachusetts licensure exams are available in English, Spanish and Vietnamese, the cosmetology course is taught in English. Textbooks and other written materials are in English. For students whose primary language is not English, we recommend purchasing a bilingual dictionary.

The cosmetology profession deals with working with the public. There are certain regulations that are required to protect the public and the practicing cosmetologist. Safety precautions include, but are not limited to:

- Blood can carry many pathogens. Never touch a client's open sore or wound. Insist that clients with open sores have a doctor certify that they are not contagious. Be sure to properly clean and disinfect any implement that comes in contact with a cut or open sore. Also, seal contaminated wipes or cotton balls in a plastic bag before disposing of them and thoroughly wash your hands with soap and hot water after handling them.
- OSHA (Occupational Safety and Health Administration) standards require an understanding of all pertinent information on products, ranging from content and associated hazards, to combustion levels and storage requirements.
- Disinfectants are too harsh for human skin or eye contact. Always wear gloves and safety glasses to prevent accidental exposure.
- Contagious diseases are transmitted from one individual to another, so do not work on the public when you have an illness that is contagious. Always wash your hands between clients. All tool and implements should be properly cleaned after each use and stored in a covered container. Always use freshly laundered towels on each client. Capes or other coverings should not come into direct contact with clients' skin.
- Electrical equipment should be UL approved and handled with care. Know where electrical fuses and circuit breakers are located in the building.
- Fire codes must be followed. Make sure there are adequate fire extinguishers that are serviced properly and know their locations. Have planned evacuation routes in case of fire or other emergencies.
- Predisposition tests must be given before coloring the hair with an aniline derivative product. Dermatitis, although rare, involves negative reactions to chemicals. Since a colorist's hands are in water and in contact with chemical solutions repeatedly throughout an average day, it is important to take proper precautions. Protect yourself from allergic reactions by wearing gloves until the product is completely removed from the client's hair.

Safety is very important in the cosmetology profession. During the cosmetology course you will learn sterilization procedures, methods for preventing the spread of disease, proper handling of electrical appliances, proper use of chemicals, and basic First Aid procedures.