



PHYSICAL DEMANDS AND SAFETY REQUIREMENTS

It is extremely important that a student is provided with the facts about the physical requirements that their future career demands. The following is a list of physical demands a student may encounter in the salon and spa industry. Please discuss any concerns and potential accommodations with the Institute Director.

Body Position: Esthetician/Aestheticians are required to sit and lean forward while providing most services or stand and lean over for others. Long intervals of standing are required for cosmetologists.

Hands: Your hands will need protection from chemicals and continuous exposure to water and cleaning solvents. Hand care products are recommended for all service professionals.

Back: Minor back stress may be caused by long intervals of standing, sitting, or leaning. Please consult your physician or chiropractor if you have experienced back pain in the past.

Chemicals: You will be required to work with many different types of products and chemicals. If you currently have allergies or sensitivities to chemicals, please consult your physician with a list of chemicals you will be exposed to.

Sanitation: Communicable diseases can be easily transmitted from one individual to the next. Special attention must be paid to yourself and your client to avoid spreading any diseases.

Trade Tools: There are obvious hazards when working with sharp objects such as lancets, extractors, scissors, razors, clippers, etc. Caution must be used when handling all industry tools.

General Safety: On a daily basis, use caution and common sense to avoid entering into any of the following situations: chemical burns, cuts and abrasions, excessive heat from hair dryer, hot water, harmful vapors or fumes, injury to eyes, and physical injury resulting from spilling liquid.