

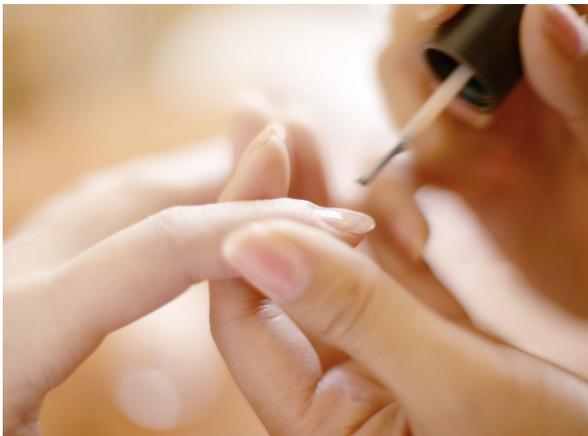
# Pedicure & Manicure SAFETY TIPS

## Sanitation Rules at a Glance

- Foot spa or bath must be cleaned after each use.
- Reusable equipment such as clippers, combs, metal cuticle clippers must be cleaned and sanitized after each use.
- Single use, disposable items (porous or wooden implements, buffers, cotton pads, emery boards) may not be used on more than one client.
- Liquids, creams, and other products must be kept in clean, closed containers.

### Prohibited Items:

- Shaving brushes and mugs, alum, powder puffs, or sponges.
- Any razor-edged device or tool designed to remove calluses.
- Any needle-like instrument used to extract blemishes or for other similar procedures.
- Any product banned or restricted by the FDA



## Look around

- Licenses should be clearly posted.
- Does the salon look clean & orderly?
- Are technicians washing hands between clients?
- Are foot baths being drained, cleaned, rinsed and disinfected between clients?

## Ask questions

- How does the salon clean and disinfect foot baths?

## Be assertive

- Insist the practitioners wash their hands before providing services.
- Don't allow a practitioner to use a prohibited tool or a tool that was not cleaned and sanitized between clients.

Leave the salon if you are concerned about their sanitation practices!

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**Alaska Department of Environmental Conservation**  
**Division of Environmental Health**  
**Food Safety and Sanitation Program**

For questions on these regulations or other food safety topics call:  
(907)269-7501 or 1-877-233-3663



# Pedicure & Manicure SAFETY TIPS

*The Food Safety and Sanitation Program protects public health at regulated food, seafood and public facilities. We collaboratively work with these facilities to prevent illness, injury and loss of life caused by unsafe sanitary practices.*

**Alaska Department of Environmental Conservation**  
**Division of Environmental Health**  
**Food Safety and Sanitation Program**  
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<http://www.dec.alaska.gov/eh/fss/index.htm>

\*The information is a summary of the regulatory requirements provided as a courtesy. The actual text of all of the applicable requirements may be found at 18 AAC 23.

## See Something

## Say Something



### BEFORE YOUR PEDICURE

- Don't shave your legs before your appointment. Shaving makes you more susceptible to nicks and cuts, which are gateways for bacteria.
- If you have broken skin or lesions on your lower legs—DO NOT GET A PEDICURE.

### SHOP SENSE

- Make sure the salon you choose to patronize is well ventilated.
- Look around to see if the salon is clean, free of trash, and set up with clean sanitized tools.
- Make sure your nail tech has her manicurist or cosmetology license displayed at their work station and it has not expired.

### WHILE AT THE SALON

- Ask your nail technician how the foot spas are cleaned. If he or she hesitates or refuses to answer, you may want to consider taking your business elsewhere.
- Make sure the foot spa was cleaned before you receive your services.
- Nail technicians should wash their hands before serving you. If they don't, ask the technician to do so.
- Don't allow a practitioner to use a prohibited tool or a tool that was not cleaned and sanitized between clients.
- Try to avoid breathing fumes from nail products. Strong fumes can irritate your eyes, skin and lungs.
- Never allow a nail tech to use any razor-edged tool to remove a callus. Your nail tech should smooth a callus, not remove it.

**Remember**— If you **See Something** not quite right **Say Something**, first to your nail tech and then to the salon owner. If there is no resolution, **Say Something** to the Board by calling 907-465-2547

Let's work together for a safe, healthy, salon experience.



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