

GENERAL INFORMATION

- ii Cuts on the hands
Dress the cut on your hand with a waterproof bandage like elastoplast etc. before you start working. If you accidentally cut yourself during your work, encourage bleeding under running water and cover the cut with a waterproof bandage after the bleeding has stopped.

If your customers are injured accidentally, wipe the blood with a clean gauze and throw it into a rubbish bin. Avoid contact with the blood or gauze that was used to wipe the blood.

Ensure that instruments like scissors, shaving blade etc. that came into contact with your customers' blood are sterilised first before being reused.

- iii Inflamed Areas
Do not use sharp instruments like razor blades or rub too hard when you wash the hair on the skin area which is obviously inflamed because it can bleed easily.
- iiii Disposal of sharp instruments
Sharp instruments like shaving blades, scissors etc. should be placed in a safe place or disposed properly so that they cannot accidentally injure your customers.
- iv Useful practices
You should always wash your hands with soap and water after each customer.

Always keep your shop clean. The floor should be swept and mopped with antiseptic liquid like Cresol, Chloroxylenol or Chlorhexidine at least once a day when you are about to close the shop.

FURTHER INFORMATION

If you need further advice, please contact the District Health Office or your nearest Health Center.

AIDS



GUIDE LINES FOR
HAIRDRESSERS AND
BARBERS

DON'T DIE OF IGNORANCE

MINISTRY OF HEALTH MALAYSIA
"We care for your health"



Hence, in the interest of both yourself and your customer, safe procedures must be followed to ensure that infections including AIDS do not occur in the course of your work.

Instruments like scissors, hair groomer, comb, hair clips, should be washed with soap and water daily.

AIDS HOW IT IS SPREAD

AIDS is a disease caused by the HIV virus, which destroys a person's immune system to fight against diseases.

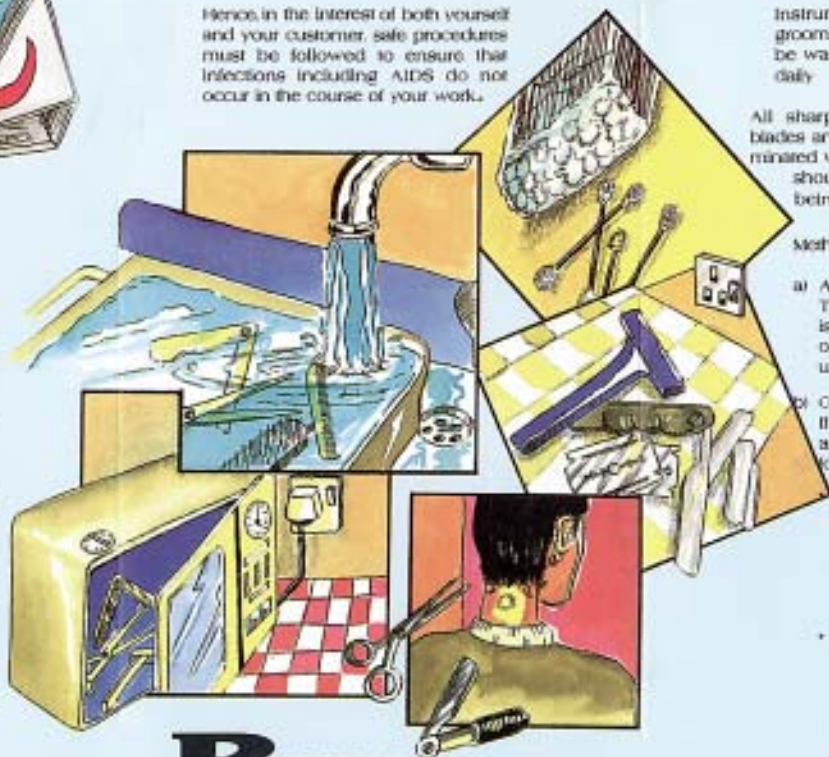
AIDS can be spread only through three ways:

- i) having sexual intercourse with a person who is infected with the HIV virus.
- ii) transfer of blood containing the HIV virus from an AIDS patient or carrier to another person.
- iii) from an infected mother to her unborn child.

THE RISK OF AIDS AND YOUR WORK

The risk of being infected with AIDS in the course of your work is remote. Until now, no one has been known to be infected with HIV from hair dressing or hair cutting.

However, in the course of your work, blood may be transferred from one person to another accidentally.



All sharp instruments like razor blades and other instruments contaminated with your customer's blood should be sterilised before being used for other customers.

Methods of sterilisation:

- a) Autoclave
This is the best method because it is very effective in killing all types of germs and it is safe and easy to use.
- b) Other methods
If you do not own an autoclave as suggested, then any of the following methods can be used.

Boil or steam the instruments in boiling water for 10 - 20 minutes before using them again. Sterilizers which use water is easily available in the market.

or

- * Soak the instruments in disinfectants like Chlorhexidine and others according to the instructions given for each brand of disinfectant. After that the instruments can be used again.

PROCEDURES TO BE FOLLOWED

- i) If possible, use only disposable items eg. disposable razor blades.
- ii) Sterilisation
All instruments used for hair dressing and hair cutting should be cleaned and sterilised.