

Be Spa Safe

Your guide to **PROTECTING** yourself at the spa

Spa health risks

What you **NEED** to know

Tips to **reduce** your **risk** of infection

Does your Spa pass the test?

Know what to look for with six easy checklists



Spa health risks:

What you need to know

Many of us go to the spa* to relax and get pampered. Most spas work hard to make sure their clients enjoy a safe service. However, there are many ways that serious infections can be spread at the spa if proper steps to prevent infections are not taken. **These infections include Hepatitis B, Hepatitis C, HIV and skin and nail fungus.**

About this guide

The *Be Spa Safe* guide was developed to explain how infections can spread during spa services and what you can do to reduce your risk. It reviews York Region Public Health's role to inspect spas and explains how you can check the latest inspection reports of your favourite places before you go. It also includes six easy checklists of things to look for before you receive a manicure, pedicure, facial, waxing, hairdressing or ear piercing. Be sure to review the checklists before your next visit to the spa.

Be Spa Safe

*In this guide, the term 'spa' includes businesses that offer services such as manicures, pedicures, waxing, facials, ear piercing, and hair and barbering services.

What you need to know about....

The spa industry

Spas in York Region are not licensed by York Region Public Health. While spa owners, operators and workers may have training on how to prevent infections, this type of training is not legally required to own, operate or work in a spa. It is important for clients to know what to look for at the spa to protect themselves.

York Region Public Health's role

We inspect spas

Public health inspectors inspect spas to:

- Make sure spas follow proper steps to reduce the risk of infection to clients during services
- Respond to client concerns and complaints

Spa owners and operators in Ontario must comply with applicable regulation and best practice guidelines for infection prevention and control to reduce the risk of infection to clients and workers during services.

Check that your spa is inspected by York Region Public Health. You can see the results of your spa's latest health inspection report by visiting **york.ca/yorksafes**



Tip:

York Region Public Health also inspects spas that operate out of a private home. For your protection, we recommend that you choose a spa that is inspected.

What you need to know about....

How infections can spread

Spas serve many clients every day, some of whom carry germs into the spa. Germs that cause infections can be spread when an infected client's skin, blood or body fluid comes into contact with a spa worker's hands, tools or work surfaces during service.

If a spa worker's hands are not properly washed, and if tools and work surfaces are not properly cleaned and disinfected after each client, germs that cause infection can spread.

Germs spread by touching:

- The client's skin directly
- A cut, tear or open wound on the client's skin

When to avoid spa services

Your skin is your first defence against infection. When it is broken, irritated or infected, your risk of getting an infection increases. For this reason, we recommend that you avoid getting a spa service on the parts of your body where you have:

- A cut, tear or open wound
- A rash or skin infection
- Irritated or severely dry, chapped skin

Tip: Avoid getting a pedicure if you have just shaved your legs.

Spa tools

Not all spa tools should be treated the same way. Some tools are to be used on one client only and then thrown away. This is because these tools cannot be properly cleaned and disinfected after each use. Other tools can be used more than once, but must be **cleaned and disinfected** between each client.

Review the checklists in this guide to see which tools need to be thrown away and which can be re-used.

Cleaning and disinfection

Proper cleaning and disinfection is important to kill germs that cause infections. For tools and work surfaces to be properly cleaned and disinfected, they must first be cleaned with water **and** detergent to remove dirt and debris. Next, they must be treated with a chemical solution called a disinfectant to kill germs.

Bleach, alcohol and Barbicide are examples of disinfectants that are commonly used at the spa.

Tip: Tools that break the skin and come into contact with blood or body fluids must be treated with a higher level of disinfectant.



Five steps to

1. Check before you go

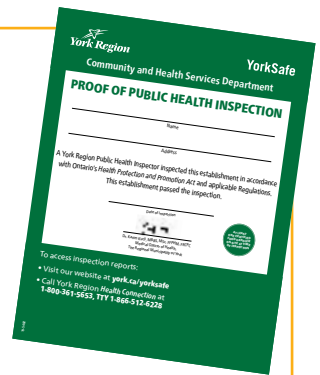
Check YorkSafe, York Region's inspection reporting system, before you go to the spa or buy a gift certificate.

Use it to:

- Check that your spa is inspected by York Region Public Health
- Check the results of your spa's latest health inspection report

There are two easy ways to check:

- 1) Visit **york.ca/yorksafes**
- 2) Call York Region Health Connection at 1-800-361-5653, TTY: 1-866-512-6228



2. Know what to look for

Read the *Be Spa Safe* Checklists before you book or receive a spa service. They list what you should look for at the spa to reduce your risk of infection.



Tip:

Look around and see how tools and work spaces are cleaned and disinfected.

Don't be afraid to refuse services.

protect yourself

3. Look around and ask questions

While at the spa, take time to observe spa practices and ask the staff any questions you may have. You can do this when you go to make an in-person appointment, while you wait for your service and even during the service itself. This can also help to build trust with your spa, making your experience more enjoyable.

4. Make an informed decision

If you are uncomfortable with what you see or what you hear, **don't be afraid to refuse the service**. You have the right to make sure you receive a safe service that is given with clean tools and clean hands.

5. Report concerns or complaints

You can help to prevent the spread of serious infections at the spa. If you are concerned about a spa's cleaning and disinfection practices, you can contact York Region Public Health by calling York Region Health Connection at 1-800-361-5653. York Region Public Health Inspectors will investigate. All concerns and complaints are kept confidential.



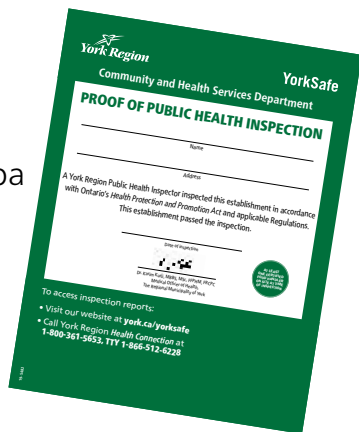
Be Spa Safe Checklist

General Checklist for ALL Spa Services

The spa operates in a public location inspected by York Region Public Health

A green **Proof of Public Health Inspection** sign is posted at the spa

All work areas are well lit, clean and organized



Tools, work surfaces and equipment are in good repair (for example: no rust, cracks, etc.)

Tools, equipment and surfaces are cleaned and disinfected between each client



REMEMBER

Serious infections can be spread during

- Single-use items are thrown away between each client
- Tools and supplies are stored in a clean area (for example: in covered containers)
- Creams and lotions are used in a way that does not contaminate the original product (for example: used with a pump, no fingers in jars)
- Clean sheets, towels, robes etc. are used for each client. Paper liners are thrown out after each use
- Spa workers wash their hands before and after each client



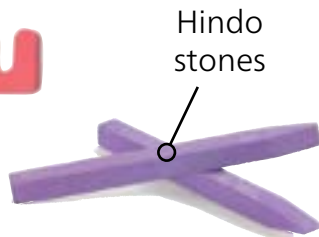
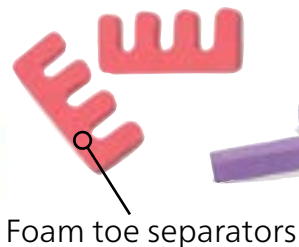
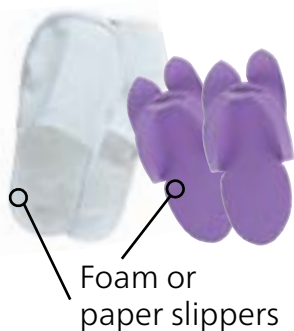
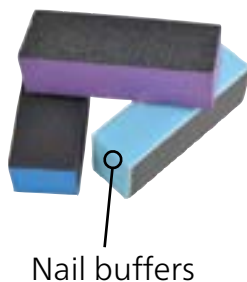
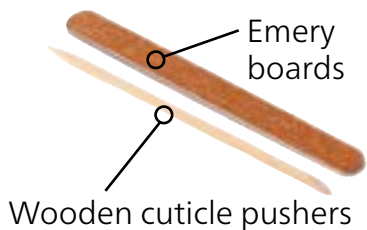
The checklists that follow outline more things to look for before and during specific spa services.

service if these safety practices are not followed.

Be Spa Safe Checklist

for Manicure, Pedicure and Nail Treatment Services

- The spa worker washes his/her hands before and after service
- The client's hands and feet are washed before service
- The client's nails are checked for signs of nail mould/fungus. If found, service is refused
- These items are used on one client only, then thrown away:**



Don't be afraid to ask for **new items** before your service

REMEMBER

Serious infections can be spread during



These items are cleaned and disinfected between each client:

Nail clippers



Nippers



Metal nail drill bits



Foot paddles



Acrylic nail brushes



Glass and diamond nail files



Hand baths



Foot baths



Don't be afraid to ask if and how these items are **cleaned and disinfected** before your service

service if these safety practices are not followed.

Be Spa Safe Checklist

for Waxing Services

- The spa worker washes his/her hands before and after service
- The client's skin is checked for open cuts or wounds and signs of infection. If found, service is refused
- The spa worker wears disposable gloves on both hands during service
- These items are used on one client only, then thrown away:**

Cotton pads to apply cream and lotion



Roll-on wax



Cloth waxing strips

Don't be afraid to ask for **new items** before your service

REMEMBER

Serious infections can be spread during



Pots of wax

The temperature of heated wax is not hot enough to kill germs on the skin. Applicators (e.g., wooden sticks) used for waxing that touch the skin should **never** be dipped back into the original pot of wax. **No double dipping!**

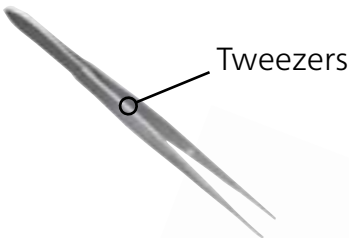


Roll-on wax

When wax is rolled directly onto the skin, germs from the skin can contaminate the wax left over in the cartridge. In this case, a new wax cartridge must be used between each client to prevent the spread of germs.



These items are cleaned and disinfected between each client:

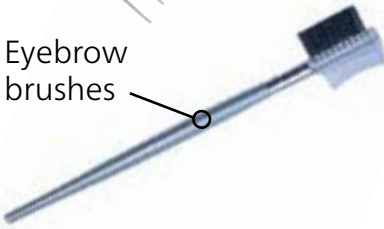


Tweezers

Scissors



Eyebrow brushes



Tip: Contact with blood and body fluid is common during waxing service. It is important that your spa worker wears gloves.

Don't be afraid to ask if and how these items are **cleaned and disinfected** before your service

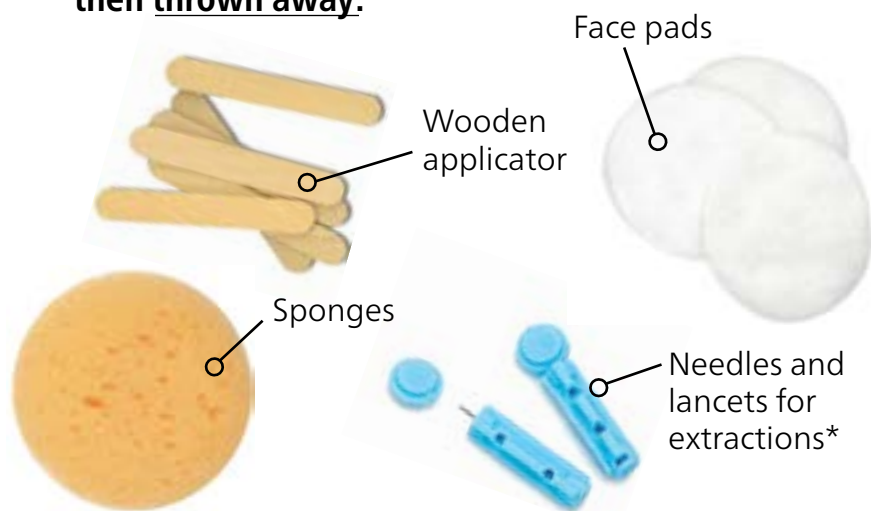
service if these safety practices are not followed.



Be Spa Safe Checklist

for Facial Services

- The spa worker washes his/her hands before and after service
- The client's skin is checked for open cuts or wounds and signs of infection. If found, service is refused
- The spa worker wears disposable gloves on both hands during removal of pimples, black heads and in grown hair
- Water in the facial steamer is changed daily
- These items are used on one client only, then thrown away:**



Don't be afraid to ask for **new items** before your service

REMEMBER

Serious infections can be spread during

☑ **These items are cleaned and disinfected or sterilized between each client:**



Tip: Contact with blood and body fluid is common during facial service. It is important that your spa worker wears gloves.

***Needles and lancets** used for extractions must be in sterile packaging and be opened in front of the client.



Don't be afraid to ask if and how these items are **cleaned and disinfected** before your service

service if these safety practices are not followed.



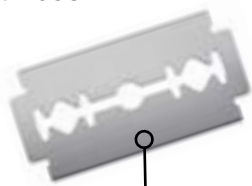
Be Spa Safe Checklist

for Hairdressing Services

- The spa worker washes his/her hands before and after service
- Capes and gowns are clean
- New neck strips or clean towels are used on each client
- These items are used on one client only, then thrown away:**



Single-use razor blades are thrown away immediately after each use.



Single-use razor blades

Foil strips

Don't be afraid to ask for **new items** before your service

REMEMBER

Serious infections can be spread during



These items are cleaned and disinfected between each client:



Don't be afraid to ask if and how these items are **cleaned and disinfected** before your service

service if these safety practices are not followed.



Be Spa Safe Checklist

for Ear Piercing Services

- The spa worker washes his/her hands before and after service
- The spa worker wears disposable gloves on both hands during service
- The client's ear lobes are cleaned with a skin antiseptic
- Jewelry is pre-packaged and sterile, and is opened in front of the client
- The client is given verbal and written aftercare instructions
- These items are used on one client only, then thrown away:**



Disposable cartridges with sterile jewelry



Disposable adaptors with sterile jewelry

Don't be afraid to ask for **new items** before your service

REMEMBER

Serious infections can be spread during

☑ **These items are cleaned and disinfected or sterilized between clients:**



Ear piercing gun



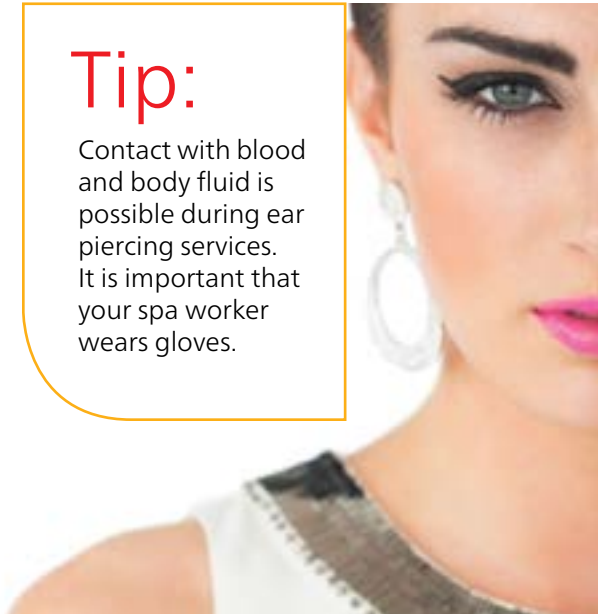
Hand clasp device

Ear piercing equipment

Ear piercing guns should only be used to pierce the ear lobe. **They should not be used to pierce other areas of the body** because this may cause tissue damage and increase your risk of infection.

Tip:

Contact with blood and body fluid is possible during ear piercing services. It is important that your spa worker wears gloves.



Don't be afraid to ask if and how these items are **cleaned and disinfected** before your service

service if these safety practices are not followed.

Notes:

Be Spa Safe



Be Spa Safe.

For more information on how to
protect yourself at the spa visit

york.ca/bespasafe

PUBLIC HEALTH

york.ca

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