STRES AND PAIN WHILE YOU WORK: FOR NAIL SALON TECHNICIANS

Gently hold each exercise for 10 seconds and breathe slowly

Back of Legs

Place your hands shoulder width apart on a wall or table. With legs straight but not locked, keep hips directly above your feet and lower head between arms.



Shoulders and Upper Back

Keeping your shoulders down and relaxed, put one hand on your opposite shoulder and look the other way. Pull your elbow in and up with the other hand. Repeat on other side.



Neck #1

Hold on to the side of a chair with one hand. Put the other hand over your head onto the opposite ear. Gently bend your head sideways, bringing your ear towards your shoulder.



Shoulders

Lace your fingers and stretch your arms with your palms facing out at shoulder height.



Neck #2

Keeping your arms and shoulders loose and your head facing straight forward, tuck your chin.



S PREVENTING PROBLEMS

- 1. Use an adjustable chair with back support and keep your feet on the floor.
- 2. Keep your head and back upright and shoulders relaxed.
- 3. Bring the client's foot or hand as close to you as possible to avoid strain.
- 4. Use good lighting.
- 5. Wear safety glasses, especially when dust is created from filing.
- 6. Use hydrating eye drops to prevent strain and dryness.
- 7. Use foam padding or a rolled towel under where your arms are resting.
- 8. Use the tools you find easiest to hold (called "ergonomic nail technicians' tools").
- 9. Take frequent breaks and move around.

Fingers

Stretch your fingers apart, and then relax.



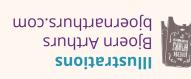
- **Facebook**: Healthy Nail Salon Network Toronto
- **Twitter**: @TOHealthyNails
- Contact: nailsalonproject@ctchc.com

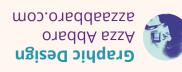
This resource is also available in Chinese and Vietnamese. For more info visit: www.pqwchc.com/nails

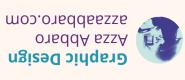
SEE YOUR HEALTHCARE PROVIDER IF...

- 1. You experience continued pain that makes it difficult for you to work or sleep.
- 2. You experience any numbness or tingling in any part of the body that does not go away.
- 3. You experience weakness in any muscles or a change in sensations.
- 4. You experience headaches or eye pain regularly.

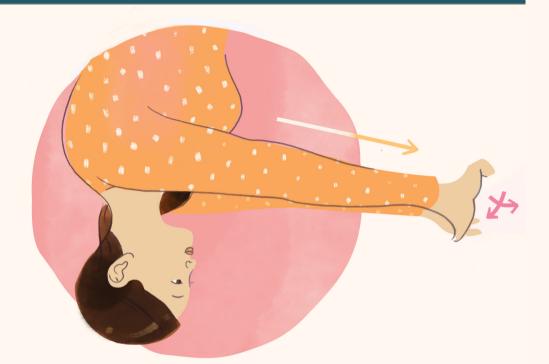




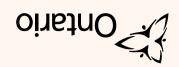












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Salon Workers Project and do not necessarily reflect those of The views expressed in the publication are the views of the Nail

Contact: nailsalonproject@ctchc.com

▼ Twitter: @TOHealthyNails

Facebook: Healthy Nail Salon Network - Toronto

Chinese or Vietnamese, contact: nailsalonproject@ctchc.com If you would like additional copies of this poster in English,

Vietnamese at www.pqwchc.com/nails

🔭 This resource is also available online in English, Chinese and

Health Centre and the Healthy Nail Salon Network. collaboration between the Parkdale Queen West Community assistance from Patricia J. Dryden, R.M.T., M.Ed. The Project is a (Toronto), with funding from the Ministry of Labour and This poster was produced by the Nail Salon Workers Project



FOR MORE HELP AND INFORMATION

Many of the resources below are specific to people living in Ontario. You do not need health insurance or proof of your immigration status to use most of these resources.

INFORMATION ON DANGEROUS CHEMICALS AND PROTECTING YOUR HEALTH

Government of Canada: Cosmetic Ingredient Hotlist https://tinyurl.com/y7d5pa9z

Women's Voices for the Earth www.womensvoices.org/safe-salons

California Healthy Nail Salon Collaborative

www.cahealthynailsalons.org

Occupational Safety and Health Administration - Stay Healthy and Safe While Giving Manicures and Pedicures

Available in English, Vietnamese and Chinese

www.osha.gov/Publications/3542na il-salon-workers-guide.pdf

HEALTH SERVICES

Parkdale Queen West Community Health Centre

*services in English, translation available 416-703-8480 ext 2233

168 Bathurst St., Toronto www.pqwchc.com/nails 1229 Queen St. West, Toronto www.pgwchc.com/nails

IWHC Toronto (formerly Immigrant Women's Health Centre)

*services in multiple languages 489 College St., Suite 200, Toronto 416-323-9986

www.immigranthealth.info

South Riverdale Community Health Centre

*services in English, translation available 955 Queen St. East, Toronto 416-461-1925

www.srchc.ca

PHYSIOTHERAPY

Under certain conditions, physiotherapy services are paid for by the Ontario provincial government in specific clinics and health centres. Find out if you are eligible at the link below, or talk to your healthcare provider to see about OHIP-covered physiotherapists. https://tinyurl.com/ycn8yct2

ENGLISH LANGUAGE SUPPORT

Call 211 or visit **www.211.ca**

LEGAL SERVICES

Canadian Environmental Law Association (CELA)

* services in English 416-960-2284 www.cela.ca

Chinese & Southeast Asian Legal Clinic

*Provide legal services to low income, non-English speaking clients from the Chinese, Vietnamese, Cambodian and Laotian communities across Ontario.

416-971-9674

Ontario toll free number: 1-844-971-9674 www.csalc.ca

Parkdale Community Legal Services

*services in English, translation available 1266 Queen St. West, Toronto 416-531-2411 www.parkdalelegal.org

LABOUR AND EMPLOYMENT

Workers' Action Centre

*services in English 720 Spadina Ave., suite 223 416-531-0778

www.workersactioncentre.org

LABOUR AND EMPLOYMENT

Working Women's Community Centre

*services in multiple languages 533A Gladstone Ave., Toronto 416-532-2824 www.workingwomencc.org/

Employment Standards Information Centre

416-326-7160 www.labour.gov.on.ca/english/es

To make a confidential complaint about health conditions in your workplace:

City of Toronto - Body Safe **Contact the Toronto Public Health Complaints Officer**

416-338-7600 E-mail: tphfeedback@toronto.ca

Ontario Ministry of Labour -**Health and Safety Contact Centre**

* translation available 1-877-202-0008 www.labour.gov.on.ca/english/es/

forms/claim.php