

**BALTIMORE STUDIO OF HAIR DESIGN
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**THE PHYSICAL DEMANDS OF PRACTICING
THE COSMETOLOGY PROFESSION**

Most of your time as a professional Cosmetologist will be spent on your feet. Therefore it is of utmost importance for you to learn ways to help prevent fatigue, improve your personal appearance and maintain your health.

Good health is required for the successful practice of Cosmetology. Therefore Cosmetologist should preserve his/her health by following rules of healthful living, i.e., cleanliness, exercise, balance diet, adequate sleep, oral hygiene, good posture, etc.

To help prevent fatigue, back strain and assist in the prevention of many physical problems, correct posture in standing, sitting, lifting, stooping, shampooing, etc. should be practiced daily.

The Cosmetologist should give his/her feet daily care. For comfort and to help maintain good posture, he/she should wear well-fitted low-heeled shoes.

SAFETY REQUIREMENTS FOR THE COSMETOLOGIST

To protect individuals and public health, Cosmetologist should know when, why and how to use sterilization and sanitation practices. The Cosmetologist must know the laws, rules and regulations that govern Cosmetology and comply with them. By such compliance, he/she is contributing to the health welfare, and safety of the community.

Sterilization and Sanitation is of practical importance to the Cosmetologist because they deal with methods used either to prevent the growth of germs or to destroy them entirely when possible, particularly those which are responsible for infections and communicable diseases.

The use of chemicals agents by cosmetologist involves certain dangers, unless safety measures are taken to prevent mistakes and accidents. The Cosmetologist should always read and follow the manufacturer's directions on labels and accompanying literature when using chemicals. The following are some general safety precaution to be observed by the cosmetologist in the use of chemicals.

- Purchase chemicals in small quantities and store in a cool dry place.
- Carefully measure chemicals
- Keep all containers labeled and covered.
- Do not smell chemicals.
- Avoid spilling when diluting chemicals.
- Keep a complete first aid kit on hand.
- Wear protective gloves.
- Always wash hands after the use of chemicals.

The Cosmetologist must acquire a basic knowledge of modern chemistry. It is an essential requirement for an understanding of the various products and cosmetics being used in the salon. It is therefore important that the cosmetologist understand these products and learn how to use them for the maximum benefit and safety to the patron.