



**THE SAFETY AND HEALTH OF  
CLIENTS IS THE MOST IMPORTANT  
ASPECT OF PROFESSIONAL  
ACTIVITY IN THE FIELD OF  
MANICURE AND PEDICURE**

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**Abstract.** The article is devoted to the most important aspect of professional activity – ensuring the safety and health of clients in the process of providing manicure and pedicure services. It examines the theoretical and regulatory foundations of sanitary safety, the differences between disinfection and sterilization, packaging and storage requirements for sterilized instruments, as well as typical occupational risk groups. The article describes a system of prevention and safety control, which includes production control of the conditions of service provision, documentation of procedures and verification of sterilization by various methods: physical, chemical and bacteriological. The emphasis is placed on the importance of modern technological solutions and the formation of a safety culture through professional rules and open communication with customers.

**Key words:** manicure, pedicure, safety of services, sanitary and hygienic requirements, disinfection, sterilization, infection prevention, packaging of sterile instruments, production control, sterilization control, indicators.

**Relevance of the study**

The nail service industry is developing rapidly, and manicure and pedicure have become a familiar service for many people. These procedures require contact with the skin and nails, as well as the use of cutting, piercing and abrasive tools. Even with the most careful technique, micro-damage to the skin is possible, which significantly increases the epidemiological and traumatic risks. Therefore, it is very important to strictly observe the sanitary norms and rules in such salons.

Experience shows that violations of the rules of tool handling and non-compliance with disinfection regimes are most often associated not with the lack of necessary equipment, but with organizational problems. In particular, this is the lack of clear and understandable regulations, irregular control and formal documentation. This increases the risk of transmission of fungal, viral, and bacterial infections, as well as the likelihood of inflammatory complications after minor injuries.

Safety in the nail service is not only a guarantee of the quality of services, but also the responsibility of the master. It covers many aspects, from tool handling to

workplace organization, the use of disposable materials, hand hygiene, control of consumables, and informing customers about the rules and limitations of the procedure. Thus, ensuring the safety and health of clients become an integral part of their professional activities.

### **The purpose of the study**

The purpose of the study is to substantiate that the safety and health of clients are the basis of the professional activity of a manicure and pedicure master. To do this, we analyzed sanitary requirements, assessed risk factors, and studied the methods used to prevent and control the quality of tool handling.

### **Materials and research methods**

In the course of the study, open regulatory and methodological documents related to sanitary and hygienic requirements for the provision of household services to the population were studied. These documents include requirements for the processing of instruments, storage conditions for sterile instruments and the organization of production control. The documents defining professional standards for manicure and pedicure specialists were also reviewed.

Methods of theoretical analysis and generalization of information from various sources, as well as a comparative analytical approach were applied. This made it possible to compare the requirements for disinfection, sterilization and control and present them in the form of practice-oriented procedures.

### **The results of the study**

The theoretical and regulatory safety framework in the field of manicure and pedicure is based on sanitary rules developed to prevent infectious diseases. These rules are especially important in the provision of services related to skin contact and possible violation of its integrity. Sanitary requirements establish the need to ensure sanitary and epidemiological well-being, including hygienic standards for premises, equipment, inventory, and tool handling. All these rules are aimed at protecting the health of clients and preventing possible negative consequences for their health [6].

In the documents devoted to the prevention of infectious diseases, the key terms that are used in the field of nail services are highlighted. Disinfection is a set of measures aimed at destroying pathogens of infectious diseases on surfaces and objects of the environment. Sterilization, in turn, is a process of complete destruction of all types of microorganisms, including spore forms, on instruments. It is important to understand that disinfection is not a substitute for sterilization, but is a separate step necessary to reduce microbial contamination before sterilization.

Within the framework of quality management, it is necessary to take into account the so-called "sterility chain". The results of sterilization are valuable only if all the conditions for their preservation are met until the moment of contact with the patient. Therefore, in addition to processing modes, packaging, labeling, and tool traceability play an important role. During traceability, the date of sterilization, the type of packaging, the batch of indicators and the responsible person are recorded. This allows not only to confirm compliance with all requirements, but also to promptly identify the causes of violations in the event of incidents.

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Special attention in the regulations is paid to the packaging and storage of sterilized instruments. Manicure and pedicure tools must be processed in special materials and stored in the same packages. Sterilization without packaging is allowed only in cases where the instruments will be used within one hour or will be stored in sterilizers. This underlines that to ensure sterility, not only the processing is important, but also the conditions for storing and transporting tools inside the workspace.

Figure 1 shows an example of sterilization equipment used in manicure and pedicure salons. The autoclave ensures reliable sterilization in accordance with established sanitary requirements.

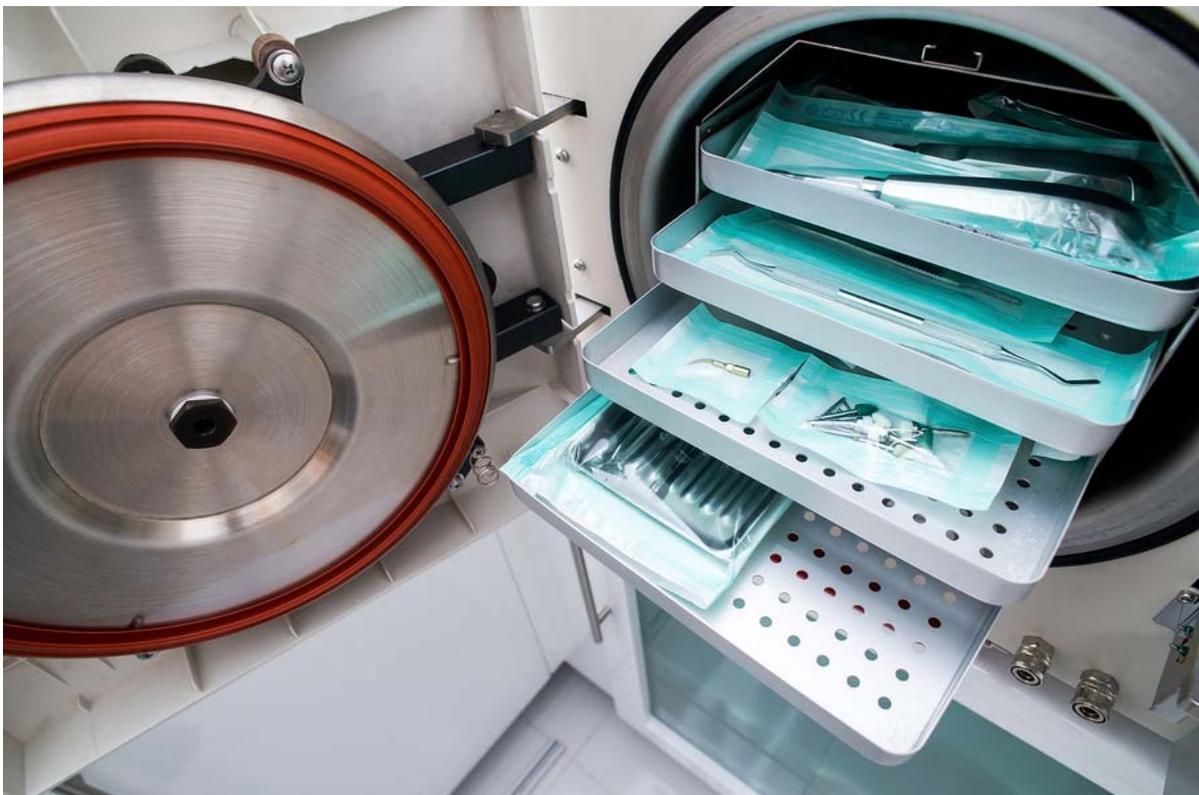


Fig. 1 An autoclave for sterilizing instruments with the placement of packaged sterilization kits [1]

As mentioned earlier, the regulatory requirements for the treatment of manicure and pedicure instruments require a clear distinction between disinfection and sterilization procedures, as well as rules for packaging and storing sterile instruments. These provisions are systematized in table 1.

Manicures and pedicures are among the services that may involve contact with body fluids and micro-injury to the skin. In this regard, biological risks are the most significant. The official documents of sanitary supervision emphasize that procedures related to damage to the integrity of the skin are of high epidemiological importance and require strict compliance with sanitary standards. Consumer memos specifically

mention the risk of infection with fungal and infectious diseases in case of non-compliance with the sanitary regime [2].

Table 2 provides a systematization of the main risk factors that can be used to briefly describe typical threats in professional practice.

Table 1

### Regulatory requirements for the treatment, sterilization and storage of instruments in the field of manicure and pedicure

Procedure	Normative meaning	Control requirements in practice
Disinfection	Reducing or eliminating microbial contamination on environmental objects, preventing the transmission of pathogens through tools and surfaces.	The presence of a registered disinfectant, the correct concentration of the working solution, exposure according to the instructions and placing the instrument in the solution immediately after use.
Sterilization	Destruction of all types of microorganisms, including spore-forming forms.	Availability of necessary sterilization equipment and strict observance of established sterilization regimes. Packaging of instruments before sterilization, labeling them and ensuring proper storage conditions.
Packaging and storage of sterile instruments	Preservation of sterility until the moment of application.	Store in sterilizing packaging. If the sterilization was carried out without packaging, then use it for one hour or store it in a sterilizer.

*A source: author's development.*

Table 2

### The main risk factors in the practice of a manicure and pedicure master and their consequences

Risk group	What is the source of risk	Typical adverse effects
Biological	Skin/nail contact in the presence of infections; micro-damage to the skin	The risk of infection of the client, the transmission of pathogens, the development of inflammatory complications. Epidemiological danger of skin damage services.
Fungal diseases of nails	High prevalence of onychomycosis among dermatological patients	There is a risk of contact with infected nails and skin, so it is extremely important to strictly observe all safety measures and restrictions during the procedure.
Chemical	Acrylates and other components of coatings / primers / solvents	Allergic contact dermatitis, skin irritation, and occupational allergic reactions.
Dust and aerosols	Coating filing and skin/nail treatment	Irritation of the respiratory tract, deterioration of working conditions and the need to take into account the aerosol factor in preventive measures.
Mechanical	Cutting tools, milling cutters, abrasives	Cuts, microtrauma, risk of inflammation and complications in case of errors in technique.

*A source: author's development.*

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The system of prevention and control of safety of nail services should be organized as a well-controlled process. It is necessary to regularly check the conditions in which services are provided, the quality of tool handling and compliance with the sanitary regime. In practice, this is done through a production control program and self-monitoring procedures, which are fixed in internal instructions and schedules.

For organizations providing beauty and hairdressing services, sanitary regulations establish mandatory requirements for production control. These rules relate to the parameters of the microclimate in the warm and cold periods of the year, the levels of artificial illumination (at least once a year), the quality of sterilization of instruments and the efficiency of sterilization equipment (at least twice a year). In addition, each sterilization cycle must be monitored using chemical indicators, and the sterilization equipment is subject to bacteriological control after installation, repair and during operation [5].

Special attention is paid to how to act in case of detection of inconsistencies. If the indicator does not confirm that the set parameters have been reached or the integrity of the package has been compromised, the tool is considered unusable and must be fully processed again. All such incidents must be recorded in a special accounting log with an indication of the reasons for their occurrence. These may include loading errors, an overload of the sterilizer, a violation of the exposure mode, package wear, and so on. The analysis of recorded incidents helps to prevent their recurrence and ensure effective risk management.

To ensure reproducibility of the control, it is important to document it. The sterilization log is used as the main document, which is maintained by the responsible person. This journal contains the date of sterilization, the number of the sterilizer, the name of the products, their quantity, and type of packaging, as well as information about the test control and the signature of the contractor. The need for lacing and numbering of the magazine is emphasized. Table 3 shows the sterilization control methods that are used in quality control practice.

Table 3

Sterilization control methods used in quality control practice

Direction of control	Method	What confirms the result
Mode parameter control	Physical	Readings of control and measuring devices such as temperature, pressure and time.
Operational mode control	Chemical	Chemical indicators help to assess whether the set parameters have been reached.
Evaluation of sterilization efficiency	Bacteriological (biological indicators / sterility control)	The results of bacteriological studies and control of sterility of medical products.

*A source: [4].*

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The admission of staff to work is the most important preventive measure. In a memo issued by the territorial sanitary supervision authorities, the following are highlighted among the most common violations: lack of a personal medical record, incomplete completion of mandatory medical examinations, lack of hygienic training and certification. The document emphasizes that occupational hygiene training should be conducted both at the time of employment and in the future at least once every two years. In addition, medical examinations of beauty salon workers are considered a prerequisite for admission to the provision of services.

Equally important is the control of the means and equipment used. Disinfection can only be carried out with the help of means that have passed state registration, if there is a registration certificate and instructions for use. Sometimes an ultraviolet irradiator is mistakenly considered a sufficient means to "disinfect" the instrument. Therefore, it is necessary to check the origin and purpose of disinfectants, the availability of instructions for their use, as well as the compliance of the selected equipment with a specific treatment task.

Modern technologies in the field of nail care are aimed at minimizing the aerosol load, standardizing the pre-sterilization cleaning process and reducing the risks associated with the use of perfumes and cosmetics. Special attention is paid to creating optimal working conditions. Requirements for air exchange and microclimate are key, and if these standards are met, individual manicure workstations can be located in public buildings. Manicure and pedicure rooms use combined lighting – general and local. This improves visual control over the processing area, which in turn reduces the likelihood of technical errors and minimizes the risk of micro-injuries.

To ensure better and more reproducible cleaning of medical instruments, mechanization of the pre-sterilization process is applied, including the use of ultrasonic baths. The methodological materials indicate that cleaning can be carried out both manually and with the help of special equipment, which allows for more stable results before further processing steps [3].

Another area of innovation is related to the "controllability" of processes. Available means of rapid control of the parameters of working solutions and modes are being introduced into practice. These tools include indicator strips and other monitoring indicators that allow you to record compliance with the specified processing conditions (Figure 2). This approach logically complements the requirement for system security control of services and reduces the likelihood of formal procedures.

The safety of the service also depends on the materials used, such as primers, coatings, liquids, and care products. Therefore, an important step for prevention is to check the legality and traceability of products. The Technical Regulations of the Customs Union TR CU 009/2011 establish requirements for the safety of perfumery and cosmetics and their circulation on the market. This regulation includes requirements for consumer information (labeling) and safety indicators types of products. This means that when choosing materials, it is necessary to focus on the

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availability of all necessary information on the packaging and compliance with all regulatory requirements [7].

The safety culture in the salon is supported not only by internal rules, but also by actions that customers can see: hand treatment, the use of disposable consumables, opening craft bags in the presence of customers, displaying indicators and maintaining order on the desktop. Such openness reduces anxiety, builds trust, and serves as an additional incentive for staff to follow the rules all the time, not just in emergencies.



Fig. 2 Indicator strips for express control

One of the important components of prevention is communication with the client. Before starting the procedure, the master evaluates the condition of the skin and nails, clarifies the presence of contraindications, fixes restrictions and politely transfers or cancels the procedure at the first sign of trouble. It is recommended to supplement the internal rules of the salon with the procedure for registering requests and reviewing violations, which will prevent the recurrence of mistakes and ensure a stable quality of services.

### Conclusions

The safety of manicure and pedicure services is ensured by strict observance of sanitary and hygienic standards. It is important to handle the instruments correctly, following the sequence of procedures: disinfection, pre-sterilization cleaning,

sterilization, packaging and storage. In addition, it is necessary to manage the main occupational risk groups. Effective prevention is achieved through systematic industrial control of the conditions of service provision and the quality of sterilization. All procedures should be documented, and physical, chemical, and bacteriological control methods should be used.

Modern technological solutions make data processing more reproducible and transparent for control. A safety culture based on strict rules, traceability and honest communication with customers strengthens trust in the services provided and reduces the risk of negative consequences.

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