



Health Hazards in Nail Salons

Nail salons provide an excellent way to relax by getting manicures and pedicures. The ingredients in nail products used in salons can cause negative health effects if you are exposed to them often. Having nail technicians handle your hands and feet causes them to be exposed to biological hazards. Learn about chemicals and health hazards present in nail salons, so you can take preventative measures to protect yourself and others.



Chemicals Used

The following chemicals are found in polishes, glues, polish removers, emollients and other salon products:

- Toluene
- Formaldehyde
- Dibutyl Phthalate
- Methacrylate compounds

Possible Negative Health Effects

- Asthma and other respiratory illnesses
- Skin disorders (allergic contact dermatitis)
- Liver disease
- Cancer

Infection and Bloodborne Hazards

Customers visiting nail salons often expose their own biological hazards to nail technicians. These include bloodborne pathogens, bacteria, fungi, and viruses. You can take the following precautions to protect against the spread of these health hazards.

- Bandage open cuts and broken skin to avoid exposing others to contact with your blood.
- Do not touch anyone if you are bleeding.
- If you are healing from an infection, or you are immunocompromised, protect yourself and others by avoiding visits to nail salons. Instead, you can try giving yourself manicures and pedicures at home.

Resources

[OSHA on Health Hazards in Nail Salons](#)

[CDC Health and Workplace Exposure Control](#)