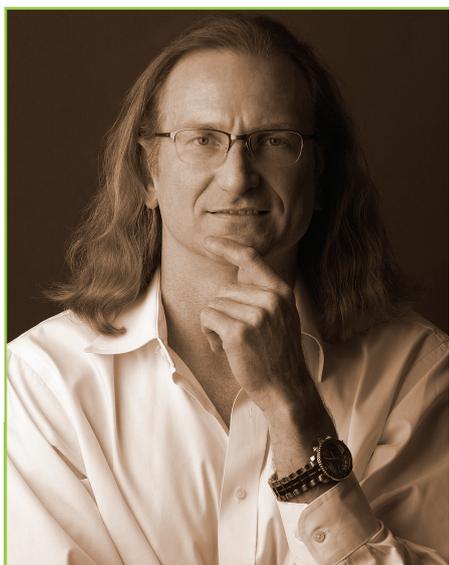


THE SCI-FILES



DOUG SCHOON

Doug Schoon is an internationally recognised scientist, author and educator with over 30 years' experience in the cosmetic, beauty and personal care industry. He is a leading industry authority known for his technical and regulatory work and is co-chair of the *Nail Manufacturers Council (NMC)*.

Doug was CND™'s chief scientist and head of the R&D laboratory, QA, and field testing/evaluation departments for almost 20 years and has authored several books, video and audio training programmes, as well as magazine articles about salon products, safety, and practices for salon professionals.

In 1986, Schoon founded *Chemical Awareness Training Service (CATS)* – the beauty industry's first safety training company. This was followed by his book, *Nail Structure & Product Chemistry*, 1st and 2nd Edition, which has become essential reading for nail professionals. More recently, he has launched *Face-to-Face with Doug Schoon*, an internet learning series that focuses on nails, nail products and services.

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Watch Doug's internet series on nails, nail products and services at www.faceofacewithdougshoon.com

Globally renowned scientist and nail expert, **DOUG SCHOON**, explores the ideas and concerns surrounding nails, techniques and products

VENTILATION: GOOD PRACTICE & APPROPRIATE SYSTEMS

Many don't realise the importance of proper salon ventilation for minimising inhalation exposure to potentially irritating or harmful substances. Proper ventilation can also greatly improve the salon environment for customers and create a safer, more pleasant workplace for salon professionals.

Irritated eyes, nose or throat, headaches, difficulty breathing or feeling nervous or drowsy are all related to poor ventilation. Why drowsiness? We normally exhale carbon dioxide with every breath and it can accumulate in poorly ventilated salons to make you feel tired and listless and may even lower performance and negatively affect decision-making skills. Poor ventilation allows product vapours and dusts to accumulate, too.

In properly ventilated salons, vapours and dusts are well within safe limits.

A common myth is that the safety of a nail product depends on how it smells. The odour of a substance does not indicate whether it is safe or harmful. Dirty socks and baby nappies may not smell very good, for example, but their odours are not dangerous. Fragrances smell wonderful, yet some individuals are highly sensitive to inhaling excessive amounts. Many vapours (and dusts) have very little odour, yet they should also be controlled and kept at safe levels, so minimising inhalation exposure is an important way to ensure that nail salon products are safely handled and product overexposure is avoided.

Every substance on earth has both a safe and potentially unsafe level of exposure,

so it's important to control the air quality of your breathing zone - an invisible sphere about the size of a beach ball that sits front of your mouth. Every breath comes from this zone. Proper ventilation helps ensure the breathing zone contains high quality air. Low cost devices with thin filters don't remove most vapours and just redistribute them around the salon so everyone can breathe them. An ineffective ventilation system is like a screen door on a submarine; no good whatsoever. A well designed ventilation system protects both the salon air and the breathing zone of the nail professional and client.

"A well designed ventilation system protects both the salon air and the breathing zone of the nail professional and client."

It is best to directly exhaust salon air outside, but when this isn't practical, use a 'source capture' system. These devices capture vapours and dusts as they are released, so they never get into the salon air. Use this in combination with a 'professional' HEPA room air cleaner, but never as a replacement for a source capture system. A standalone salon HEPA room air cleaner is an extra step to help further clean the salon's air. Avoid devices made for home use and designed to remove pollen and cigarette smoke as they are not suitable for salon use.

Finally, avoid air cleaners that intentionally produce ozone, which is claimed to neutralise odours. Ozone is hazardous to breathe, even in tiny amounts, and causes watery eyes, a runny nose, coughing, chest tightness, metallic tastes in the mouth, shortness of breath and blurred vision. Other helpful tips are to use rubbish bins with a self-closing lid and empty them several times per day. Keep all product containers tightly closed when not in use. 