


REEDY-JUNIOR COSMETOLOGY- OFF-SITE LEARNING PACKET DAY 1

1. PLEASE READ THE SUMMARY AND QUESTIONS PAGE FIRST
2. COMPLETE THE WORK SHEETS AND VOCABULARY WHERE IT PERTAINS.
YOU MAY GOOGLE AND REFERENCE THE MILADY WEB SITE FOR
VOCABULARY WORDS. NOT ALL ASSIGNMENTS CONTAIN VOCABLARY, OR
WORK SHEETS. THEY MAY BE SLIGHTLY DIFFERENT.
3. COMPLETE THE PRACTICE TESTS TO THE BEST OF YOUR ABILITY.
4. YOU MAY USE YOUR MILADY OR COURSEMATE ONLINE PROGRAM TO
ASSIST YOU IN ANY WAY.
5. PLEASE PUT YOUR NAME ON EVERY PAGE YOU HAVE COMPLETED.

14. Properly clean and disinfect all multiuse tools before reusing them.
15. Store clean and disinfected tools in a clean, covered container.
16. Clean drawers may be used for storage if only clean items are stored in the drawers.
17. Always isolate used implements away from disinfected implements.
18. Avoid touching your face, mouth, or eye areas during services.
19. Clean and disinfect all work surfaces after every client.
20. Have clean, disposable paper towels for each client.
21. Always properly wash your hands before and after each service.
22. Use clean linens and disposable towels on clients.
23. Keep soiled linens separate from clean linens.
24. Use single-use neck strips or clean towels to avoid skin contact with shampoo capes and cutting or chemical protection gowns.
25. If a cape touches the client's skin, do not reuse that cape until it is properly laundered.
26. Never provide a nail service to clients who have not properly washed their hands and carefully scrubbed under the free edges of their nails with a disinfected nail brush.
27. Use effective exhaust systems in the salon. This will help ensure proper air quality in the salon.

SUMMARY AND REVIEW

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- The regulatory agency and local health board require that businesses serving the public follow certain infection control precautions.
 - As we have learned, contagious diseases, skin infections, and blood poisoning are caused either by infectious bacteria being transmitted from one individual to another or by the use of contaminated implements.
 - The more you know and understand about bacteria, how they grow and reproduce and how they are destroyed, the more success you will attain in the salon in protecting both yourself and your clients from unnecessary infections or disease.
 - It is essential to practice Standard Precautions which include using gloves, safety glasses, disinfectants, and salon/school cleanliness.
 - Don't take shortcuts when it comes to cleaning and disinfection. Following proper procedures will earn your clients' trust and will work to improve the public's perception of cosmetology as a career.

✓ CHAPTER REVIEW QUESTIONS AND ANSWERS:

1. What is the primary purpose of regulatory agencies?

Answer: Federal agencies regulate the practice of cosmetology by setting guidelines for the manufacturing, sale, and use of equipment and chemical ingredients, and for safety in the workplace. State agencies regulate licensing and enforcement; protect the health, safety, and welfare of the consumer; and guide your conduct when working in a salon.

Note: The answer to this question can be found on page 71 of Milady Standard Cosmetology.

2. What is an SDS? Where can you get these?

Answer: An SDS, or Safety Data Sheet, is required by law for all products sold. SDS sheets include safety information about products compiled by the manufacturer, including hazardous ingredients, safe use and handling procedures, proper disposal guidelines, precautions to reduce the risk of accidental harm or overexposure, and so on. Federal law requires nail salons to obtain SDSs from the product manufacturer or distributor, or to download them from the manufacturer's or distributor's website.

Note: The answer to this question can be found on page 72 of Milady Standard Cosmetology.

3. List the four types of microorganisms that are pertinent to cosmetology.

Answer: The four types of microorganisms important to cosmetologists are: (1) bacteria, (2) viruses, (3) fungi, and (4) parasites.

Note: The answer to this question can be found on page 75 of Milady Standard Cosmetology.

4. What is a contagious disease?

Answer: A contagious disease (also known as a communicable disease) is a disease that is spread from one person to another. Contact, contaminated implements and tools, and uncovered coughing or sneezing will spread disease.

Note: The answer to this question can be found on page 80 of Milady Standard Cosmetology.

5. Is HIV a risk in the salon? Why, or why not?

Answer: HIV can be a risk in the salon if you accidentally cut a client who is HIV-positive and you continue to use the implement without cleaning and then disinfecting it. You risk puncturing your own skin or cutting another client with a contaminated tool.

Note: The answer to this question can be found on page 82 of Milady Standard Cosmetology.

6. What is the difference between cleaning, disinfecting, and sterilizing?

Answer: Cleaning is the mechanical (scrubbing) process of removing all visible dirt and debris by washing with soap and water or detergent and water. Disinfecting is the chemical process that uses specific products to destroy harmful organisms (except bacterial spores) on environmental surfaces. Sterilizing is the process that completely destroys all microbial life, including spores.

Note: The answer to this question can be found on pages 76 and 84 of Milady Standard Cosmetology.

7. What is complete immersion?

Answer: Complete immersion means there is enough liquid to cover all surfaces of the item being disinfected, including the handles, for at least 10 minutes.

Note: The answer to this question can be found on page 87 of Milady Standard Cosmetology.

8. List at least six safety tips to follow when using disinfectants.

Answer:

- Always wear gloves and safety glasses.
- Always add disinfectant to water. Never add water to disinfectant.
- Always use tongs or gloves and a draining basket when removing implements from disinfectants.
- Never use quats, phenolics, formalin, or any other disinfectant on your skin. If you get disinfectants on your skin, wash your hands with soap and warm water and dry thoroughly.
- Never place any disinfectant or other product in an unmarked container.
- Always follow the manufacturer's instructions for mixing, using, and disposing of disinfectants.
- Always change disinfectants every day or more often if the solution becomes soiled or contaminated.

Note: The answer to this question can be found on page 87 of Milady Standard Cosmetology.

9. How do you know if an item can be disinfected?

Answer: An item that can be disinfected is one that is called multiuse or reusable and can be cleaned, then disinfected, and used on more than one person. These items must have a hard, nonporous surface.

Examples are nippers, shears, combs, metal pushers, rollers, and permanent wave rods.

Note: The answer to this question can be found on page 89 of Milady Standard Cosmetology.

10. Can porous items be disinfected?

Answer: *Porous* means made or constructed of an absorbent material. Some porous items can be cleaned and disinfected, and used on more than one client. Examples of these are towels, chamois, and linens.

Note: The answer to this question can be found on page 89 of Milady Standard Cosmetology.

11. What are Standard Precautions?

Answer: Standard Precautions are guidelines published by CDC that require the employer and the employee to assume that all human blood and body fluids carry infections for blood-borne pathogens. Precautions include hand washing, wearing gloves, and proper handling and disposal of sharp instruments and items that have been contaminated by blood or other body fluids. It is important that specific procedures are followed if blood or body fluid is present.

Note: The answer to this question can be found on page 94 of Milady Standard Cosmetology.

12. What is an exposure incident?

Answer: An exposure incident (previously called blood spill) is contact with non-intact skin, blood, body fluid, or other potentially infectious materials that results from the performance of an employee's duties.

Note: The answer to this question can be found on page 95 of Milady Standard Cosmetology.

13. Describe the procedure for handling an exposure incident in the salon.

Answer: The steps for taking care of an exposure incident are:

- Stop the service. Inform your client of what has happened. If the nature of your cut is severe, ask a salon employee to assist with the exposure incident.
- If receiving assistance, have the salon employee put on gloves. Wash the injury with soap and water. Apply slight pressure to the area with cotton to stop the bleeding, and then clean with an antiseptic.
- Apply an adhesive bandage to completely cover the wound.
- Now that your cut is properly cleaned and covered, put on gloves.
- Return to the service area and remove any implements that may have been contaminated, placing them in your container for "dirty" items. If surfaces were contaminated, spray or wipe with approved disinfectant and allow to sit for the contact time listed on the product label.
- Discard all single-use, contaminated objects such as wipes, cotton balls and your gloves in a plastic bag. Place the plastic bag in a closed trash container with a liner bag. Deposit sharp disposables in a sharps box. Dispose of trash items and sharps containers as required by state/local law. Information on these laws may be found on your local cosmetology board website or through the OSHA website.
- Now that all disinfecting is complete, put on a new pair of gloves before you return to the service. Remember to dry any surfaces sprayed with disinfectant and always use new implements to replace those that were contaminated.
- Put on a new pair of gloves before you return to the service. After the service has completed, thoroughly clean and disinfect all tools and implements used during the service. Completely immerse tools and implements in an EPA-registered hospital disinfectant solution for 10 minutes. See a physician if any signs of redness, swelling, pain, or irritation develop in the wounded area.

Note: The answer to this question can be found on page 95 of Milady Standard Cosmetology.

14. List the steps for cleaning and disinfecting whirlpool, air-jet and pipeless foot spas after each client.

Answer:

- Put on gloves and safety glasses.
- Drain all water from the basin.
- Remove the covers from the impellers and any other removable components according to the manufacturer's instructions.

- Thoroughly scrub all removable components and the impellers and the areas behind each with liquid soap, and a clean, disinfected brush and clean, warm water to remove all visible residue. For whirlpool and air jet basins, this step is done during the end of each day.
 - Rinse and replace the properly cleaned screen and other removable parts.
 - Scrub all visible residue from the inside walls of the basin with a cleaned and disinfected brush and liquid soap and clean, warm water.
 - Rinse the basin with clean, warm water and drain.
 - Refill the basin with enough clean, warm water. If the basin has jets, be sure to put enough water in to cover the jets.
 - Measure the correct amount (read the product label for mixing instructions) of the EPA-registered hospital disinfectant and add it to the water in the basin.
 - Circulate the disinfectant through the basin for 10 minutes, or the length of time indicated on the product label. Set the timer to keep track of the time.
 - Clean and disinfect all external parts and surfaces.
 - Drain, rinse with clean, warm water, and wipe the pedicure basin dry with a clean paper towel.
 - Record the disinfection information into the salon's logbook, if required by state law or by salon policy.
- Note: The answer to this question can be found on page 99 of Milady Standard Cosmetology.*



LEARNING REINFORCEMENT IDEAS AND ACTIVITIES

1. Have students complete Chapter 5 of *Milady Standard Cosmetology Theory Workbook, Practical Workbook, and Study Guide: The Essential Companion*.
2. Have students complete review and final testing with *Milady Standard Cosmetology Online Licensing Preparation*.
3. Have students complete scenario-based questions in Chapter 5 of *Situational Problems for Milady Standard Cosmetology*.
4. Create a **Pictionary**[®] like activity by having the class divide into two teams. Create seven to ten cards containing terminology (with corresponding page number and definition) from bacteriology such as *cocci, bacilli, spirilla, diplococci, streptococci, staphylococci, flagella, cilia, contagious, immune, virus, parasite, spherical spores*, etc. Have the artist from the first team select a card and depict the term on the card by drawing on the chalkboard or a flip chart. The artist cannot use signs, words, or gestures while drawing. Allow two minutes for the artist's team to guess the correct term. Allow the opposing team an option to answer and score if the artist's team is unable to offer the correct answer within the two-minute timeframe. After the term has been identified, offer extra points to the winning team if they can provide the correct definition. If they cannot, allow the opposing team the opportunity to provide the correct definition. (Set up point scale prior to the activity.) Remind students that a picture paints a thousand words. If they can remember or associate the picture with what the term means, it will be much easier to remember the name and definition.
5. If a microscope is available, have students view various items such as bread mold, souring milk, and damp towels through the microscope and discuss the forms of bacteria and changes that result from growth.
6. Invite a medical professional or science teacher as a guest speaker on the subject of bacteriology.
7. Offer extra credit for written essays on the history and study of bacteria.
8. Have students research the various disinfectants available in the school. They should make a chart of them and indicate if they are quat, phenol, or bleach. They should also describe how each is used and how they should be mixed. Have them list any safety precautions to be followed when using the product.
9. The **Bump** activity: Divide the class into groups of five students. Provide a sheet of flip chart paper or large piece of butcher paper to each group. Instruct each group that they have three minutes to write as many household antiseptics and disinfectants as possible. They can work individually within their group, but

Name: _____ Class: _____ Date: _____

ID: A

Jr. Blizzard Bag / Infection Control

Multiple Choice

Identify the choice that best completes the statement or answers the question.

- ____ 1. One-celled microorganisms with both plant and animal characteristics are:
 - a. diseases
 - b. bacteria
 - c. cells
 - d. minute
- ____ 2. Bacteria are so small they can only be seen with the aid of:
 - a. a telescope
 - b. a microscope
 - c. a lens
 - d. eyeglasses
- ____ 3. The small minority of harmful bacteria that invade plant or animal tissue are considered:
 - a. flat
 - b. round
 - c. pathogenic
 - d. nonpathogenic
- ____ 4. An infection that is transmitted from one person to another is:
 - a. characteristic
 - b. communicable
 - c. harmless
 - d. microbes
- ____ 5. The type of bacteria that rarely shows any active motility is:
 - a. cocci
 - b. pathogenic
 - c. spirilla
 - d. flagellum
- ____ 6. Pus-forming bacteria arranged in curved lines resembling a string of beads is:
 - a. staphylococci
 - b. streptococci
 - c. spirillum
 - d. coccus
- ____ 7. Round-shaped pathogenic bacteria that appear singly or in groups are:
 - a. bacilli
 - b. spirilla
 - c. lyme disease
 - d. cocci
- ____ 8. Spherical bacteria that grow in pairs and can cause diseases such as pneumonia are:
 - a. staphylococci
 - b. diplococci
 - c. spirilla
 - d. streptococci
- ____ 9. Bacteria generally consist of an outer cell wall containing a liquid called:
 - a. spore-forming
 - b. spherical spore
 - c. protoplasm
 - d. photosynthesis
- ____ 10. A rod-shaped microorganism that infected clients due to improper disinfection of a whirlpool foot spa was:
 - a. of vegetable origin
 - b. diplococci furunculosis
 - c. mycobacterium fortuitum furunculosis
 - d. staphylococci fortuitum
- ____ 11. The active stage and inactive or spore-forming stage of bacteria are referred to as the:
 - a. life cycle of bacteria
 - b. chemical origin of bacteria
 - c. beneficial effects
 - d. surrounding environment
- ____ 12. The division process where bacteria divide into two new cells is:
 - a. mitosis
 - b. medium
 - c. multiplication
 - d. mutataion
- ____ 13. Body tissues being invaded by disease-causing or pathogenic bacteria results in a(n):
 - a. infection
 - b. antitoxin
 - c. abrasion
 - d. inflammation

Name: _____

ID: A

- _____ 14. A pimple or an abscess is an example of a:
- a. blood disease
 - b. general infection
 - c. daughter cell
 - d. local infection
- _____ 15. A sign of a bacterial infection is the presence of:
- a. lesions
 - b. tissue
 - c. pus
 - d. blood
- _____ 16. A common human bacteria that can be transferred through skin-to-skin contact or unclean implements is:
- a. staph
 - b. cocci
 - c. antibiotics
 - d. strep
- _____ 17. Nonpathogenic bacteria are:
- a. harmful
 - b. harmless
 - c. disease producing
 - d. toxic
- _____ 18. A disease that spreads from one person to another by contact is said to be:
- a. epidemic
 - b. immunity
 - c. community
 - d. contagious
- _____ 19. A submicroscopic structure capable of infesting almost all plants and animals is a:
- a. disease
 - b. parasite
 - c. virus
 - d. contaminant
- _____ 20. A disease caused by a bloodborne virus and marked by inflammation of the liver is:
- a. hepatitis
 - b. tuberculosis
 - c. pneumonia
 - d. blood poisoning
- _____ 21. Human immunodeficiency virus (HIV) is the virus that causes:
- a. acceptable immune delivery syndrome
 - b. acquired immunodeficiency syndrome
 - c. active immunity deficiency syndrome
 - d. acquired immune defense systems
- _____ 22. Organisms that live in or on another living organism and draw their nourishment from the host organism are:
- a. scabies
 - b. fumigations
 - c. parasites
 - d. pathogens
- _____ 23. Nail fungus can be contracted through implements that are not properly:
- a. washed
 - b. sharp
 - c. stored
 - d. disinfected
- _____ 24. Disease-causing bacteria or viruses that are carried through the body in the blood or body fluids are called:
- a. positive pathogens
 - b. acquired pathogens
 - c. inoculation pathogens
 - d. bloodborne pathogens
- _____ 25. A contagious skin disease that is caused by the itch mite is:
- a. scabies
 - b. lice
 - c. pediculosis
 - d. immunity
- _____ 26. The skin disease that is caused by an infestation of head lice is called:
- a. pediculosis bacteria
 - b. pediculosis capitis
 - c. contagious diseases
 - d. filterable virus
- _____ 27. The type of immunity that the body develops after overcoming a disease or through vaccinations is:
- a. natural immunity
 - b. natural healing
 - c. acquired immunity
 - d. acquired resistance

Name: _____

ID: A

- _____ 28. The three main types of decontamination are:
- a. sanitation, sterilizing, and dry heat
 - b. sterilizing, cleaning, and processing
 - c. sanitation, disinfection, and sterilization
 - d. sanitation, steam autoclave, and heat
- _____ 29. The level of protection required by the salon to kill most organisms, with the exception of bacterial spores, is:
- a. sanitation
 - b. hand washing
 - c. antiseptics
 - d. disinfection
- _____ 30. Substances used to destroy bacteria and viruses on surfaces such as implements and combs are:
- a. disinfectants
 - b. antiseptics
 - c. sanitizers
 - d. fumigants
- _____ 31. Federal law requires manufacturers to provide important product information, precautions, safety information, and ingredients in the form of:
- a. Manufacturers Directions Sheets
 - b. Manufacturers Reports and Labels
 - c. Safety Approval Sheets
 - d. Material Safety Data Sheets
- _____ 32. To meet salon requirements for use against bacteria, fungi, and viruses, a disinfectant must have the correct:
- a. risk
 - b. efficacy
 - c. color
 - d. standard
- _____ 33. Single-use items that do not have the capacity to be disinfected after each client use must be:
- a. discarded
 - b. washed
 - c. stored
 - d. immersed
- _____ 34. A very safe and useful type of disinfectant, commonly called quats, is:
- a. quaternary antiseptic solution
 - b. quaternary-based compounds
 - c. quaternary softening compound
 - d. quaternary ammonium compounds
- _____ 35. To be effective, the strength of ethyl alcohol must be no less than:
- a. 20 percent
 - b. 40 percent
 - c. 60 percent
 - d. 70 percent
- _____ 36. When removing implements from the disinfectant solution, to avoid damaging the skin or contaminating the disinfectant solution, use:
- a. a spatula
 - b. your fingers
 - c. tongs
 - d. a spoon
- _____ 37. All of the following need to be disposed of after a single use except for _____.
- a. paper towels
 - b. neck strips
 - c. nippers
 - d. orangewood sticks
- _____ 38. If an exposure incident should occur, discard all disposable contaminated objects in a:
- a. trash bag
 - b. container for contaminated waste
 - c. marked paper bag
 - d. paper towel
- _____ 39. The first step in the decontamination process is called:
- a. sterilization
 - b. cleaning
 - c. sanitation
 - d. shampooing

Name: _____

ID: A

- _____ 40. An important action than can prevent the transfer of microorganisms from one person to another is:
- a. hand washing
 - b. alcohol-based products
 - c. hot water
 - d. liquid soaps
- _____ 41. The standard that must be used in the industry in dealing with bloodborne pathogens is regulated by:
- a. DOL
 - b. DOE
 - c. OSHA
 - d. FDA

2

ESSENTIAL EXPERIENCE

Match the following essential terms with their identifying terms or phrases.

- | | |
|---------------------|-------------------------------------------------------------------|
| ___ Bacteria | 1. Lives and reproduces by penetrating cells. |
| ___ Pathogenic | 2. Powerful tuberculocidal disinfectants. |
| ___ Infectious | 3. Kills most, but not all, microorganisms on nonliving surfaces. |
| ___ Toxin | 4. One-celled microorganisms. |
| ___ Virus | 5. An organism that lives on another organism. |
| ___ Mitosis | 6. Cleaning. |
| ___ Efficacy | 7. Elimination of microbial life. |
| ___ Local infection | 8. Contagious disease caused by the itch mite. |
| ___ Mildew | 9. Harmful bacteria. |
| ___ Parasites | 10. Can be spread from one person to another. |
| ___ Scabies | 11. Poisonous substance. |
| ___ Sanitation | 12. Cell division. |
| ___ Disinfection | 13. Effectiveness of a solution to kill germs. |
| ___ Sterilization | 14. Confined to a specific part of body. |
| ___ Phenolics | 15. A type of fungus. |

4

ESSENTIAL EXPERIENCE

Word Scramble—Bacteriology

Scramble

Correct Word

aaseptir

Clue: Require living matter for growth.

fsuoniceti

Clue: Contagious.

aiarcetb

Clue: Minute, one-celled vegetable microorganisms.

alcicyoocshpt

Clue: Grow in bunches or clusters.

asseibc

Clue: Caused by an itch mite.

cpnaiegoht

Clue: Disease producing.

mrseg

Clue: Also known as bacteria.

napnocnghieot

Clue: Helpful or harmless.

calol fctnoiine

Clue: Contains pus.

seborcim

Clue: Also known as germs or bacteria.

ssriminagoorcsm

Clue: Bacteria are an example of this.

ucosaignto

Clue: Spreads by contact.