



STERILISING & DISINFECTING



Why do we need to sterilise?

Cross infection is the transfer of contagious micro-organisms through touch or by contamination.

All tools must be sterilised to avoid passing on infection or infestation to client and staff in the salon.



Methods of disinfection and sterilisation

- Hot soapy water
- Ultraviolet (UV) cabinet
- Disinfectant/sanitising spray
- Anti-bacterial hand wash or gel
- Auto clave
- Chemical sterilising solution

Coronavirus

Wash your hands with soap and water more often for 20 seconds

Use a tissue to turn off the tap.
Dry hands thoroughly.



Palm to palm



The backs of hands



In between the fingers



The back of the fingers



The thumbs



The tips of the fingers

STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES

Hand Washing

Before and after **EVERY** treatment you **MUST** wash your hands:

- We have between 2 and 10 million bacteria between fingertip and elbow
- Damp hands spread 1,000 times more germs than dry hands
- The number of germs on your fingertips doubles after you use the toilet
- Germs can stay alive on hands for up to three hours
- Millions of germs hide under watches and bracelets and there could be as many germs under your ring as there are people in Europe.



Sterilising

- **Sterilising** means 'Killing all organisms, such as bacteria, fungi (e.g. ringworm) and parasites.'



Moist heat – Autoclave

- The autoclave is a very effective method of sterilising metal tools
- It creates steam that is hot enough to quickly kill most common bacteria found in salons
- It takes 20 minutes to complete but remains very hot for some time after use
- An autoclave is essentially a pressure cooker primarily used for sterilising instruments
- An autoclave must maintain a temperature of at least 246 degrees for 30 minutes in order to fully sterilise the equipment.



UV light rays

- Ultraviolet (UV) light rays can be used to kill bacteria
- Clean and dry the tools, then place them in a UV cabinet
- The UV light sterilises areas it reaches
- Turn the items so that all surfaces are treated
- It takes 20–30 minutes to kill all bacteria
- It is suitable for all types of equipment but best suited to brushes
- Is perfect for storing sterilised tools





Chemicals for sterilisation

- Wash tools before placing in the chemical solution, as dirt will contaminate the solution
- The chemical must fully cover the item being sterilised in order to be effective
- Tools must be left in the chemical for **at least 20 minutes** for it to do its job
- The time needed varies, depending on the cleanliness of the item and the strength of the chemical solution. It can be as long as an hour
- It is best suited to metal, plastic or rubber-based tools
- This chemical is capable of killing bacteria, but not necessary the spores

Sterilising wipes and sprays

- These are for metal, plastic and ceramic
- Surfaces that have been touched by people
- Keep surfaces in the workplace hygienic with disinfectant sprays, sterilising fluids, cleaners and sanitising wipes

Glass Bead Steriliser

- The glass bead sterilizer is a heat unit with a well that holds a cupful of tiny glass beads
- It heats to 450°F and above – hot enough to kill bacteria, fungi, viruses, and viral spores
- For small metal instruments



Disinfecting

- **Disinfecting** is a term used for when only micro-organisms are killed and not the spores, therefore the spores can still reproduce.





Chemicals used for disinfecting

- Surgical spirit
- Barbicide®
- Chlorhexidine (Savlon® and Hibitane®)
- Detergents and disinfectants

Summary of sterilising and disinfecting

Both methods reduce the risk of cross-infection and play an important part in basic salon hygiene.

Always follow manufacturers' instructions to ensure safe and successful use.



What is the best method of reducing the risk of cross-infection for tweezers?



Sterilise them in the autoclave



What is the best method of reducing the risk of cross-infection for make-up & Mask brushes?



Sterilise them in the ultraviolet (UV) light cabinet



What is the best method of reducing the risk of cross-infection for large surface areas?



Wipe them down with disinfectant solution

- All tools and equipment should be disinfected or sterilised in line with the specific manufacturers' instructions
- Increase the frequency of cleaning in the salon including making sure that common surfaces, toilets door handles etc. are wiped clean using disinfectant products between each client / every hour
- Wherever possible utilise environmentally, friendly, single use items during treatment that will be disposed of safely after use in order to protect from cross infection
- The laundering of salon towels and uniforms is a priority, ensure all salon laundry is washed at 60 degrees C
- Have access to soap and hot water to wash hands with and have hand sanitiser available
- <https://www.gov.uk/government/publications/covid-19-decontamination-in-non-healthcare-settings/covid-19-decontamination-in-non-healthcare-settings>

Covid-19 Infection & Prevention