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8 HR. Manicurist Tools and Equipment

As a nail service professional you should be able to easily recognize manicuring tools and know how they are used. You will be able to perform a manicure safely and correctly. This section of your course will highlight the various nail implements and/or tools required to perform a manicure.

Course Outline:

1. Introduction
2. Equipment
 - a. Manicure Tables
 - b. Technician and Client Chairs
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 - a. Abrasive Nail Files and Buffers
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 - d. Plastic or Metal Spatulas
5. Professional Cosmetic Products
 - a. Soap
 - b. Polish Remover
 - c. Nail Creams and Lotions

6. Hand Washing

Course Objectives:

After completing this section, you will be able to:

1. Identify the four types of nail implements and/or tools required to perform a manicure.
2. Explain the difference between reusable and disposable implements.
3. Recall the descriptions of nail implements and tools required to perform a manicure.
4. Describe the importance of hand washing in nail services.

Nail Technology Tools and Implements



Introduction

As a nail service professional you should be able to easily recognize manicuring tools and know how they are used. Having a well rounded understanding of the tools and implements of your profession will help you to perform manicure services safely and correctly. This section of your course will highlight the various nail implements and/or tools required to perform a manicure and pedicure services.

As a professional, you must learn to work with the tools required for nail services and know all safety, cleaning, and disinfection procedures as defined in your state's regulations. The four types of nail technology tools that you will incorporate into your services include:

- Equipment
- Implements
- Materials
- Professional cosmetic nail products

Equipment

Equipment includes all permanent tools that are not implements that are used to perform nail services.

Manicure Table



A standard manicuring table usually includes one or more drawers and shelves (with or without doors) for storing properly cleaned and disinfected implements and professional products. The table can vary in length, but it is usually 36-inches to 48-inches long. The width is normally 16 inches to 21 inches. You must clean and disinfect the surface of the table between clients, so it must be kept clear of clutter and made of something hard and impenetrable, such as Formica or glass.

Adjustable Lamp



An adjustable lamp is attached to a manicure table and should use a 40- to 60-watt incandescent bulb or a fluorescent bulb. Fluorescent bulbs are very popular because they emit a cooler light. Most people prefer true-color fluorescent bulb lamps because they show the skin and polishes in their actual color. Fluorescent lights also do not heat up objects underneath the lamp as do high-watt incandescent bulbs. Higher temperatures caused by an incandescent bulb can increase the curing speed of some nail enhancement products.

Do not touch or allow your client to get too close to the light source. Light bulbs, especially incandescent ones, can become very hot while in use, and the possibility of a serious burn is very real.

Technician and Client Chairs



The technician's chair should be selected for ergonomics, comfort, durability, resistance to staining, and ease of cleaning. The most appropriate chair has wheels to allow the technician maneuverability and hydraulics to allow adjustment up and down.

The client's chair must be durable and comfortable. For the comfort of clients, select a chair that has no or low arms on the sides, so that it can be moved closer to the table. This will allow the client's arms to rest on the nail table and prevent the client and technician from needing to stretch forward. The chair should also have a supportive back so the client can sit comfortably and relax during the service.

Gloves



Gloves are Personal Protective Equipment (PPE), worn to protect the technician from exposure to microbes during services. The Occupational Safety and Health Act (OSHA) define PPE as "specialized clothing or equipment worn by an employee for protection against a hazard." The hazards in this situation are bloodborne pathogens (BBPs), pathogenic microorganisms that are present in human blood and other body fluids that can cause disease in humans. These pathogens include, but are not limited to, hepatitis B virus (HBV) and human immunodeficiency syndrome (HIV).

Currently, differences of opinion exist in the nail industry concerning whether gloves must be worn by service providers. Many people say gloves should be worn throughout every service because occasionally technicians are exposed to blood. Other people believe gloves need to be worn only when there is exposure to blood, meaning a large amount of blood.

The rulings from OSHA's Universal Precautions standard, which was implemented in 1993 as an addition to the OSHA Act of 1970, provided the answer as per federal standards. Universal Precautions include gloves, masks, and eyewear. The Universal Precautions standard within OSHA reads: "Universal Precautions shall be observed to prevent occupational exposure to blood or other potentially infectious materials. Occupational exposure includes any reasonably anticipated skin, eye, mucous membrane, or potential contact with blood or other potentially infectious materials that may result from the performance of an employee's duties."

Gloves are available in latex, vinyl, and nitrile materials. Know that some clients are allergic to latex, and that latex gloves often shred into pieces when used to apply some lotions. Vinyl gloves do not protect the wearer from many microbes. For these reasons, many technicians believe nitrile gloves are the best choice for nail services. They come in boxes of 100 and are available at beauty and medical supply stores.

If a single client receives both a manicure and a pedicure, a new set of gloves must be worn for each service. In addition, when two services are being performed together, the technician must perform hand washing after removing each set of gloves and before putting on a new set.

Remove gloves by inverting the cuffs and pulling the gloves off inside out. The glove taken off first is held in the hand with a glove still on it, and then the glove taken off last is pulled over the first glove. Then they are disposed of together.

Finger Bowls



A finger bowl is used for soaking the client's fingers in warm water to soften the skin and cuticle. Finger bowls can be made of plastic, metal, glass, or even an attractive ceramic. They should be durable and easy to thoroughly clean and disinfect after use on each client.

Disinfection Container



A disinfection container must be large enough to hold a sufficient amount of liquid disinfectant solution to completely immerse several **service sets**-sets of all the tools that will be used in a service. Containers that do not allow the entire implement, including handles, to be submerged are not acceptable for use in professional salons.

Disinfection containers come in a number of shapes, sizes, and materials and they must have a lid to keep the disinfectant solution from becoming contaminated when not in use. Most containers are equipped with a tray, and lifting the tray by its handle allows the technician to remove the implements from the solution without contaminating the solution or the implements. After the implements are removed from the disinfectant container, they must be rinsed and air- or towel-dried in accordance with the manufacturer's instructions and state regulations.

Disinfectants must never be allowed to come in contact with the skin. If your disinfectant container does not have a lift tray or basket, always remove the implements with tongs or tweezers and always wear gloves. It is important to wear gloves when removing and rinsing implements because gloves prevent your fingers from coming into contact with disinfectant solution, which can be irritating to the skin.

All containers must be kept closed when not in use to prevent contamination and/or evaporation.

Client's Arm Cushion



An 8- to 12-inch cushion that can be cleaned with soap and water and that is specifically made for cushioning the client's arm is an option when performing nail services. It must be covered with a fresh, clean towel for each client. A clean towel that is folded or rolled to cushion-size may also be used instead of a commercially purchased cushion.

Service Cushion



A foam cushion, higher in the middle and lower on the ends, can be placed between the client and the technician during a manicure; it is believed to provide more comfort during the service for both parties. It must be fully covered by a fresh, clean towel throughout each service.

Gauze and Cotton Wipe Container



This container holds absorbent cotton, lint-free wipes, or gauze squares for use during the services. This container must have a lid to protect the contents from dust and contaminants.

Trash Containers



A metal trash container with a self-closing lid that is operated by a foot pedal should be located next to your workstation. The trash container should be lined with a disposable trash bag and closed when not in use. It must be emptied at the end of each work day before you leave, and it must be washed and disinfected often. A trash container with a self-closing lid is one of the best ways to prevent excessive odors and vapors in the salon.

Supply Tray



This sturdy tray holds cosmetics such as polishes, polish removers, and creams. It should be sturdy and easy to clean. Many technicians put every product they need for a service on these trays and then lift the specific service tray on and off a shelf in their station in one efficient movement. This allows the tabletop to be clear and easy to disinfect after each service. This tray should also be cleaned and disinfected between clients.

Ultraviolet or Electric Nail Polish Dryer



A nail polish dryer is designed to shorten the time necessary for the client's nail polish to dry. Electric dryers have heaters and fans that blow warm air onto the nail plates to speed evaporation of solvents from nail polishes, allowing them to harden more quickly. Nail polish dryers that use a light bulb also create warmth to speed drying and work in the same fashion as electric dryers but without fans. Ultraviolet polish dryers are designed to cure polishes that contain an ingredient sensitive to the UVA wavelength of the bulb in the dryer; exposure to this wavelength triggers curing (drying) of the polish.

Electric Hand/Foot Mitts



These heated mitts, which are available for both hands and feet, are designed to add a special service to a manicure or pedicure. A manicure that includes heated mitts usually costs more, or their use can be an add-on to a lower-cost service. After the massage during a pedicure, conditioning lotion or even a mask is applied to the feet, which are then placed in a plastic cover and inserted into the foot mitts. The warmth aids in penetration of the conditioning ingredients, adds to the comfort of the service, and provides ultimate relaxation for the client.

Terry Cloth Mitts





These washable mitts are placed over a client's hands or feet after a penetrating conditioning product and a cover have been applied. These mitts are routinely used over paraffin to hold in the heat.

Paraffin Bath



A paraffin tub has an automatic thermostat that will maintain the paraffin at the ideal temperature for application to the hands and feet. Paraffin, a petroleum by-product that has excellent sealing properties (barrier qualities) to hold moisture in the skin, can be added to manicures and pedicures for an extra charge. Although paraffin from the bath can be applied in many ways, the traditional method is to dip the hands and feet into the paraffin in the bath. The paraffin coating covers the skin, holding the skin's natural moisture in the epidermal layers and thus promoting moisturization of the skin and deeper penetration of other products that have been used on the skin prior to the paraffin. After basic equipment, this bath is often the first purchase for many salons and spas. Check the regulations in your state concerning the use of paraffin in salons.

Implements

Implements are tools used to perform your services and are either reusable or disposable. **Reusable implements**, also known as **multiuse implements**, are generally stainless steel because they must be properly cleaned and disinfected after use on one client and prior to use on another. Less expensive nickel-plated metal implements will corrode during disinfection. **Disposable implements**, also known as **single-use implements**, cannot be reused because they cannot be cleaned and disinfected; therefore, they must be thrown away after a single use. It is recommended that nail specialists have several clean and disinfected service sets of implements available for use at all times.

Reusable Implements

Metal Pusher



The **metal pusher** (often incorrectly called a cuticle pusher) is designed to gently scrape cuticle tissue from the natural nail plate. It is not to be used to push back the eponychium. Metal pushers must be stainless steel and used carefully to prevent damaging the natural nail and the nail matrix. Improper use on the nail can cause grooving and possible nail growth problems if the nail matrix is accidentally damaged. Improper or careless use of the metal pusher can cause microscopic trauma or injury to the tissues. These injuries are known as microtrauma—tiny, often unseen openings in the skin, which can allow microbes to enter the skin, leading to infection.

If you have rough or sharp edges on your metal pusher, use an abrasive to smooth or remove them. This prevents digging into the nail plate or damaging the protective barriers created by the eponychium and cuticle.

Hold the metal pusher the way you hold a pencil with the flat end held at a 20- to 30-degree angle from the nail plate. The spoon end is used to carefully loosen and push back the dead cuticle tissue on the nail plate.

Nippers



A **nipper** is a stainless-steel implement used to carefully trim away dead skin around the nails. It is never used to cut, rip, or tear live tissue because the live nail fold tissue is important to ward off microbes and prevent infection around the nail plate. Nippers must be cleaned and disinfected before use on every client, taking special care to open the hinges for thorough cleaning and disinfecting. Always maintain a sharp edge on your nippers to prevent accidental ripping and tearing into the live tissue.

It is important that you learn the correct use of nail nippers while in school. To use nippers, hold your thumb around one handle and three fingers around the other, with the blades facing the nail plate. Your index finger is placed on the box joint to help control the blade and guide it properly.

Tweezers



Tweezers are multi-task implements for lifting small bits of debris from the nail plate, retrieving and placing nail art, removing implements from disinfectant solutions, and much more. They must be properly cleaned and disinfected before use on every client because they may come in contact with a client's skin or nails. They must be stainless steel to allow disinfection after use.

Nail Clippers

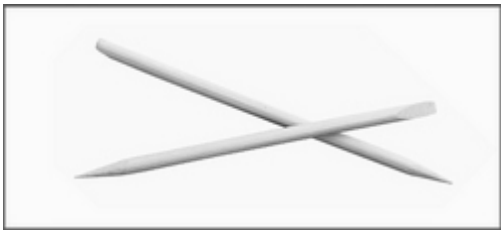
Nail clippers shorten the free edge quickly and efficiently. If your client's nails are too long, clipping them will save filing time. Clip the nails from each side to prevent stress damage to the sides of the nail plates and then file to shape the nails. Nail clippers must be properly cleaned and then disinfected before each use on every client. These implements must be stainless steel to be disinfected.

Disposable Implements

Brushes and Applicators

Any brush or applicator that comes into contact with a client's nails or skin during a manicure or pedicure must be properly cleaned and disinfected before use on another client. If implements cannot be properly cleaned and disinfected according to your state's regulations, they must be disposed of after a single use. Check with the manufacturer if you are unsure whether a brush or applicator can be properly cleaned and disinfected.

Wooden Pusher



The wooden pusher is used to remove cuticle tissue from the nail plate, to clean under the free edge of the nail, or to apply products. Hold the stick as you would a pencil with the tip at a 20- to 30-degree angle from the nail plate while pushing the cuticle free. It is a single-use implement and not intended for reuse or disinfection. Apply nail products by completely wrapping the end of the stick with a small piece of cotton and placing or dipping the cotton tip into the product. If the cotton tip is dipped into product, enough must be retrieved for the entire application. If there is a need for more product, the cotton on your wooden pusher must be changed to prevent contamination of the product. Using products that have spout lids can shorten time in the application. The spout must not touch the cotton tip, nail plate, or the skin.

Nail Brush



This plastic implement is used in many ways during nail services. Clients use a nail brush when they arrive at the salon and perform the hand washing procedure. Technicians use a nail brush for hand washing between clients. Nail brushes are also used during the manicure to remove debris from the nail plate. Finally—and very importantly—nail brushes are used to scrub the implements clean before disinfection.

Application Brush

Application brushes can be used to apply nail oils, nail polish, or nail treatments to client's nails. It is recommended that you purchase inexpensive, readily available packages of disposable application brushes to apply products that can support bacterial growth.

Dip enough product from the container for your entire application using the application brush, or pour enough product for the full application into a clean dappen dish and dip the application brush into this dish throughout the application. Again, these brushes must be disposed of after use on one client.

An exception to this single-use rule is made for brushes used in products that are not capable of harboring or supporting the growth of pathogenic microbes, such as alcohol, nail polish, monomers and polymers, UV gels, nail primers, dehydrators, bleaches, and so forth. Since these products cannot harbor or support pathogen growth, the brushes do not need to be cleaned and disinfected between each use unless the brush touches a contaminated nail immediately before moving to another nail. Since technicians can only work on healthy nails, contaminated nails should not be an issue. However, a brush is considered contaminated if it is used to apply penetrating nail oil to the nail plate and then placed back into the product, because the products themselves can become contaminated with bacteria and support the growth of pathogens.

For this reason, disposable application brushes or droppers should be used to apply oils to the nail plate or surrounding skin.

It is the salon's choice as to whether nail brushes are reused or disposed of after a single use. To prevent cross-contamination, nail brushes must be clean and fresh for each client. They must be disinfected between services, thrown away after use, or sent home with the client. Many salons find a resource for inexpensive nail brushes so the brushes can be disposed of or sent home with the client. This eliminates the time and effort needed for disinfection, and it eliminates the need for a larger disinfection container and the counter space it would occupy. It also saves the increased cost of disinfection solution for the brush-disinfection process.

Materials

Materials and supplies used during a manicure are designed to be single-use and must be replaced for each client. These items are not considered reusable.

Abrasive Nail Files and Buffers



Abrasive nail files and buffers are generally single-use only, and they are available in many different types and grits. For example, they come with firm, rigid supporting cores or with padded and very flexible cores. Grits range from less than 180 to over 240 per centimeter. A rule of thumb is the lower the grit, the larger the abrasive particles on the file and the more aggressive its action. Therefore, lower-grit abrasives (less than 180 grit) are aggressive and will quickly reduce the thickness of any surface. Lower-grit files also produce deeper and more visible scratches on the surface than do higher-grit. Therefore, lower-grit files must be used with greater care and generally are not used on natural nails since they can cause damage.

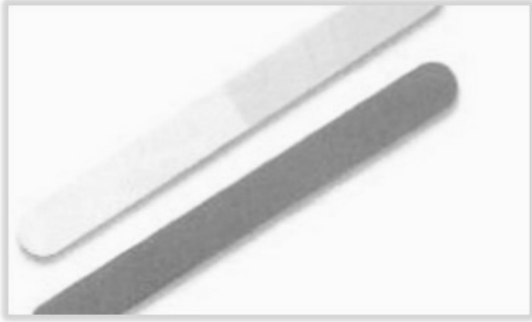
Abrasives or other implements cannot be stored in a plastic bag or other sealed containers because airtight conditions create the perfect environment for pathogens to grow and multiply before the next use. Always clean, disinfect, and store implements in a clean, unsealed container that allows air to circulate, or roll implements in a towel as a service set.

You must prep or edge your abrasive files before using them on a client to prevent harm to the client from the sharp edges of the files. These files are stamped from a large sheet of prepared materials, leaving very sharp edges, and these sharp edges are not removed before the files are shipped. You are responsible for removing this damaging edge from every new file.

To prepare a file for use, rub another (clean, unused) file across the edge to remove that sharp edge; this action is referred to as *file prepping*. Many technicians prepare all their new files and then store them in a clean container. If this edge is not removed on new boards, you may put that client at risk for cuts. Check the corners of buffers also because they may also require prepping.

Medium-grit abrasives (180 to 240 grit) are used to smooth and refine surfaces, and the 180 grit is used to shorten and shape natural nails. **Fine-grit abrasives** are in the category of 240 and higher grits. They are designed for buffing, polishing, and removing very fine scratches.

Two-Way or Three-Way Buffer



The two- or three-way buffer abrasive technology replaces the chamois and creates a beautiful shine on nails. The buffer is shaped like a two-sided nail file, long and narrow, with one or two additional grit abrasives and a final shine surface. Begin with the lowest grit abrasive surface in the smoothing task, move to the larger grit, and then finish with the shining surface (usually no grit). The result is a glossy shine on the nails. This buffer is generally used on natural nails and in the final steps of the two-color application of monomer liquid and polymer powder nails, such as the French manicure look, for nails that will be worn with sheer or clear polish only. Most two- or three-way buffers are single-use only and must be thrown away after each use. The salon or technician must find an inexpensive source for purchasing them or a reusable one if regulations in the state allow the use of these buffers.

Single-Use or Terry Cloth Towels

Cloth towels must be laundered between clients, and paper towels must be thrown away after each use. A fresh, clean terry cloth towel or a new disposable paper towel is used by the client after washing his or her hands. The best terry cloth towels for use in a personal service are white so they can be bleached during their washing between uses. Other clean towels are used to cover any surfaces that can become contaminated during each manicure, including the work area. If spills occur on the table, different terry cloth or disposable towels must be used to wipe them from the surface.

Reusing implements without properly cleaning and disinfecting them is against the law in every state. The inappropriate and illegal use of implements puts clients, licensed technicians, and the salon at risk of infection and can also put the technician and salon at risk for legal liability, as well as license suspension.

Gauze, Cotton Balls, or Plastic-Backed Pads

Lint-free, plastic-backed, fiber or cotton pads are often used to remove nail polish. Plastic backing protects nail professionals' fingertips from overexposure to drying solvents and other chemicals.

Gauze squares or cotton balls are also popular for removal of nail polish because they are inexpensive and perfectly designed for this and other application tasks. Gauze squares (2" × 2" or 4" × 4") have many uses in manicure services, from product removal to application. All these materials must be stored in a manner to prevent dust and debris from contaminating them.

Plastic or Metal Spatulas

A disposable plastic or reusable metal spatula must be used for removing products from their respective containers to prevent contamination of the products and the spread of disease. If a spatula comes into contact with your or the client's skin, it must be properly cleaned and disinfected before being used again, or it must be replaced. Also, never use the same spatula to remove dissimilar products from different containers because the chemistry of the products may be altered.

Professional Cosmetic Products

As a professional, you need to know how to properly use each nail product, what ingredients it contains, and what it does during use. You must also know how to properly store products and remove them from their containers in a hygienic manner. This section provides basic information regarding several professional cosmetic nail products.

Soap



Soap is used to clean the technician's and client's hands before a service begins. It acts as an infection control tool during the pre-service hand washing procedure by mechanically removing microbes and debris. Soap is known to remove over 90 percent of pathogenic microbes from the hands, when hand washing is performed properly.

Liquid soaps are recommended and preferred because bar soaps harbor bacteria and can become a breeding ground for pathogenic (disease-producing) bacteria.

The Centers for Disease Control (CDC) states that it does not matter whether the soap/cleanser used in a salon is antibacterial or not; it still removes microbes and debris. However, many clients feel more secure if an antibacterial soap is used at the wash station.

Use pump bottles of soap at hand washing stations. Do not use bar soaps because bar soaps harbor bacteria.

Polish Remover

Removers are used to dissolve and remove nail polish. There are two types of polish removers available: acetone and non-acetone. Acetone remover works more quickly and is a better solvent than non-acetone removers.

Non-acetone removers will not dissolve enhancement products as quickly as acetone, so they are preferred when removing nail polish from nail enhancements such as wraps. Both acetone and non-acetone polish removers can be used safely. As with all products, read and follow the manufacturer's instructions for use.

Nail Creams, Lotions, and Oils

These products are designed to soften dry skin around the nail plate and to increase the flexibility of natural nails. They are especially effective on nails that appear to be brittle or dry, and they are the number one nail product that should be sold to manicure and pedicure clients. **Nail creams** are barrier products because they contain ingredients designed to seal the surface of the skin and hold in the subdermal moisture in the skin. **Nail oils** are designed to absorb into the nail plate to increase flexibility and into the surrounding skin to soften and moisturize. Typically, oils and lotions can penetrate the nail plate or skin and will have longer-lasting effects than creams, but all three products can be highly effective and useful for clients, especially as daily-use home-care products.

Cuticle Removers

Cuticle removers are designed to loosen and dissolve dead tissue on the nail plate so that this tissue can be more easily and thoroughly removed from the nail plate. These products typically contain 2 to 5 percent sodium or potassium hydroxide, with added glycerin or other moisturizing ingredients to counteract the skin-drying effects of the remover. These products must be used in strict accordance with the manufacturer's directions, and skin contact must be avoided where possible to counter the effects of the alkaline ingredients. Excessive exposure of the eponychium to cuticle removers can cause skin and eponychium dryness, leading to hangnails.

Nail Bleach

These products are designed to apply to the nail plate and under the free edge of natural nails to remove yellow surface discoloration or stains (e.g., tobacco stains). Usually, nail bleaches contain hydrogen peroxide or some other keratin-bleaching agent.

Always use these products exactly as directed by the manufacturer to avoid damaging the natural nail plate or surrounding skin. Because nail bleaches can be corrosive to soft tissue, take care to limit skin contact.

Colored Polish, Enamel, Lacquer, or Varnish



Colored coatings

applied to the natural nail plate are known as polish, enamel, lacquer, or varnish. These are all marketing terms used to describe the same types of products containing similar ingredients. There are no real differences in the products.

Polish is a generic term describing any type of solvent-based colored film applied to the nail plate for the purpose of adding color or special visual effects (e.g., sparkles). Polish is usually applied in two coats over a base coat and then followed by a top coat.

Base Coat

The base coat creates a colorless layer on the natural nail and nail enhancement that improves adhesion of polish. It also prevents polish from imparting a yellowish staining or other discoloration to the natural nail plate. Some nail plates are especially susceptible to stains from red or dark colors, so the base coat step is important. Base coats are also important to use on nail enhancements under colored polish to prevent surface staining.

Base coats usually rely on adhesives, which aid in retaining polish for a longer time. Like nail polishes, base coats contain solvents designed to evaporate. After evaporation, a sticky, adhesion-promoting film is left behind on the surface of the nail plate to increase adhesion of the colored coating.

Nail Hardener

Nail hardeners are used to improve the surface hardness or durability of weak or thin nail plates. If used properly, some nail hardeners can also prevent splitting or peeling of the nail plate.

If used properly, some nail hardeners can also prevent splitting or peeling of the nail plate. Hardeners can be applied before the base coat or after as a top coat, according to the manufacturer's directions.

There are several basic types of nail hardeners:

Protein hardeners are a combination of clear polish and protein, such as collagen. These provide a clear, hard coating on the surface of the nail but do not change or affect the natural nail plate itself. Protein (collagen) has very large molecules that cannot be absorbed into the nail plate.

Other types of nail hardeners contain reinforcing fibers such as nylon that also cannot be absorbed into the nail plate.

Therefore, the protection they provide comes from the coating itself. They are not therapeutic. These products can be used on any natural nail.

The ingredient in hardeners that was believed, in the past, to be formaldehyde is actually methylene glycol, an ingredient that creates bridges or cross-links between the keratin strands that make up the natural nail, making the plate stiffer and more resistant to bending and breaking. Methylene glycol is also nonirritating to the skin.

These products are useful for thin and weak nail plates, but should never be applied to nails that are already very hard, rigid, and/or brittle. Methylene glycol hardeners can make brittle nails become so rigid that they may split and shatter. If signs of excessive brittleness or splitting, discoloration of the nail bed, or other signs of adverse nail and skin reactions occur, discontinue use. These products should be used as instructed by the manufacturer until the client's nails reach the desired goal, and then use should be discontinued until the product is needed again.

Clients are generally instructed to apply the product daily over nail polish as a top coat, or under nail polish as a base coat when the polish is removed and reapplied. Clients must be instructed to follow manufacturer instructions.

Dimethyl urea hardeners use dimethyl urea (DMU) to add cross-links to the natural nail plate; DMU does not cause adverse skin reactions. These hardeners do not work as quickly as hardeners containing methylene glycol, but they will not overharden nails as those with methylene glycol can with overuse.

Top Coat

Top coats are applied over colored polish to prevent chipping and to add a shine to the finished nail. These products contain ingredients that create hard, shiny films after the solvent has evaporated. Typically the main ingredients are methacrylic or cellulose-type film formers.

Nail polish drying accelerators are designed to be used over a top coat to hasten the drying of nail polishes. They are typically applied with a dropper, a brush or are sprayed onto the surface of the polish. They promote rapid drying by pulling solvents from the nail polish, causing the colored film to form more quickly. These products can dramatically shorten drying time and will reduce the risk of the client smudging the recent polish application.

All base coats, top coats, nail polishes, and hardeners are highly flammable.

Hand Creams and Lotions

Hand creams and lotions add a finishing touch to a manicure. Since they soften and smooth the hands, they make the skin and finished manicure look as beautiful as possible. Hand creams are generally designed to be barriers on the skin which help the skin retain moisture, or they contain penetrating ingredients to soften the skin or repair damage. A hand cream's purpose is to make the skin on the hands less prone to becoming dry or cracked. Lotion is generally more penetrating than creams and may treat lower levels of the epidermis. A treatment lotion can be used with warming mitts or paraffin dips to enhance penetration of the ingredients into the skin.

Nail Conditioners

Nail conditioners contain ingredients to reduce brittleness of the nail. They should be applied as directed by the manufacturer. This treatment is especially useful when applied at night before bedtime. Nail conditioners can be oils, lotions, or creams.

Sunscreens

These lotions contain ingredients that protect the skin from damage by the Ultra Violet light (UVA) from the sun. UVA is known to cause age spots (hyperpigmentation) on the backs of the hands and damage to the DNA of skin cells. Overexposure to the sun is known as a major cause of aging and skin cancer. Encourage your clients to purchase and use sunscreen on all their exposed skin.

Products sold to clients for their use at home are called retail products and are packaged for that purpose. In the beauty industry they are considered home-care products, not retail products, because they are sold under professional recommendation and the client is given instruction on how to use them before taking them home. Home-care products, by law, must have usage directions and cautions listed on the bottles or boxes or have written instructions in the box. Professional products

Material Safety Data Sheets (MSDSs) contain information, compiled by the manufacturer, about product safety, including the names of hazardous ingredients, safe handling and use procedures, precautions to reduce the risk of accidental harm or overexposure, and flammability warnings. Salons must have MSDSs on file for every professional product, easily accessible for reference by employees; MSDSs are not required for retail products. The manufacturer or distributor from which you order a professional product is required by law to provide you with the appropriate MSDS.

The basic manicure is the foundation of all nail technology services, and it is vital that you know and recognize all of the components necessary for making the basic manicure service successful. The information you learn for the basic manicure will serve as your foundation for all of the other nail services you will perform in your career.

Hand Washing

To prevent the spread of communicable disease, it is imperative to wash your hands before and after each client—and to have your clients wash their hands before they sit down at your cleaned and disinfected manicure table. The practice of hand washing before any procedure should be so well taught to your regular clients that they go directly to the washing station before coming to your station.

TEST ANSWER SHEET

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Check# _____ Money Order# _____ Total Amount Enclosed: \$ _____

(Pay with CREDIT CARD at the bottom of the next page)**Please use the area below to complete the True or False Test questions:**

- | | |
|--|--|
| <p>1. Having a well rounded understanding of the tools and implements of your profession will help you to perform manicure services safely and correctly. _____</p> <p>2. Fluorescent bulbs are very popular because they emit a cooler light. _____</p> <p>3. Gloves are Personal Protective Equipment (PPE), worn to protect the technician from exposure to microbes during services. _____</p> <p>4. Gloves are available in latex, vinyl, and nitrile materials. _____</p> <p>5. A disinfection container must be large enough to hold a sufficient amount of liquid disinfectant solution to completely immerse several service sets. _____</p> | <p>6. A nail polish dryer is designed to shorten the time necessary for the client's nail polish to dry. _____</p> <p>7. A paraffin tub has an automatic thermostat that will maintain the paraffin at the ideal temperature for application to the hands and feet. _____</p> <p>8. Implements are tools used to perform your services and are either reusable or disposable. _____</p> <p>9. A nipper is a stainless-steel implement used to carefully trim away dead skin around the nails. _____</p> <p>10. The wooden pusher is used to remove cuticle tissue from the nail plate, to clean under the free edge of the nail, or to apply products. _____</p> |
|--|--|

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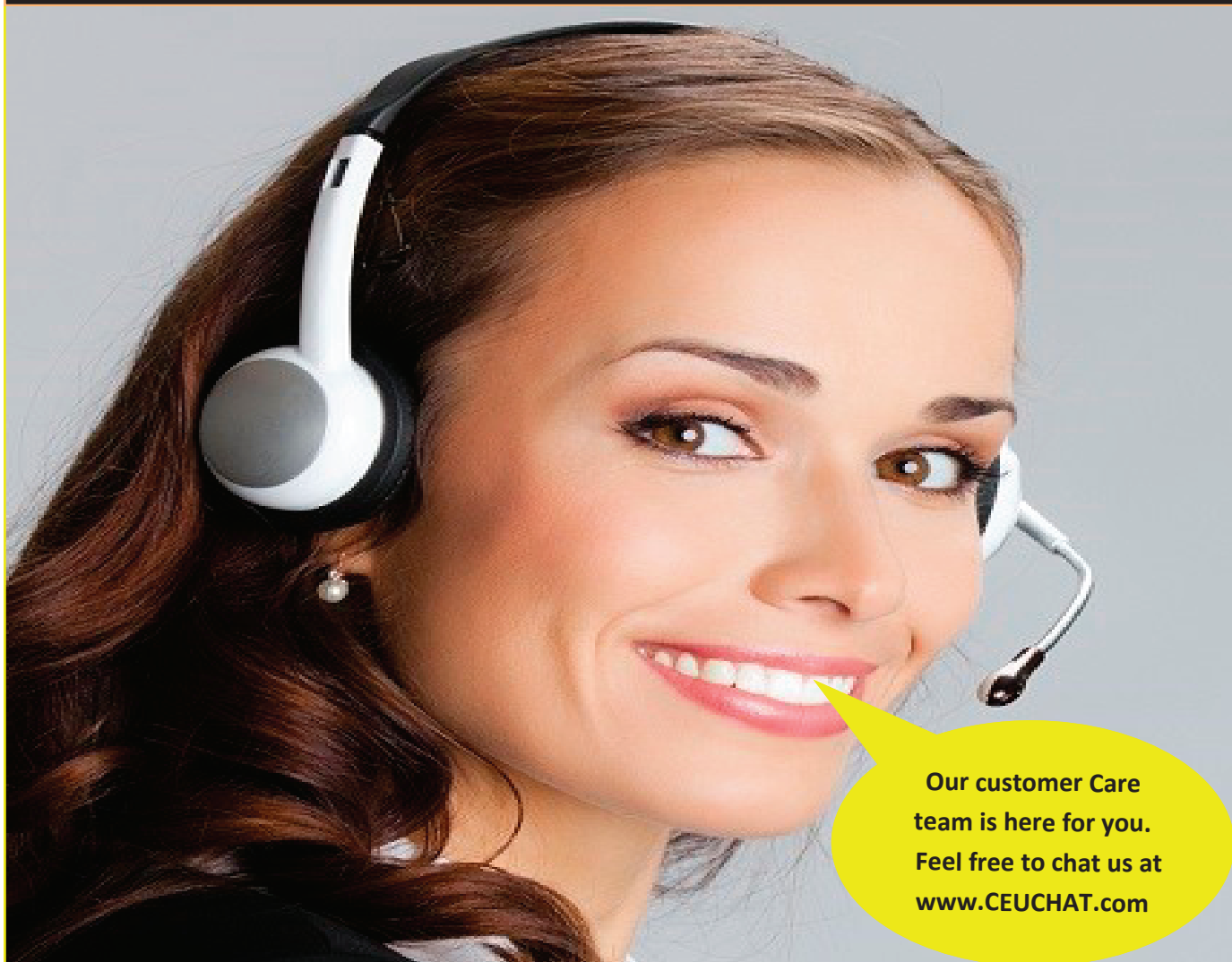
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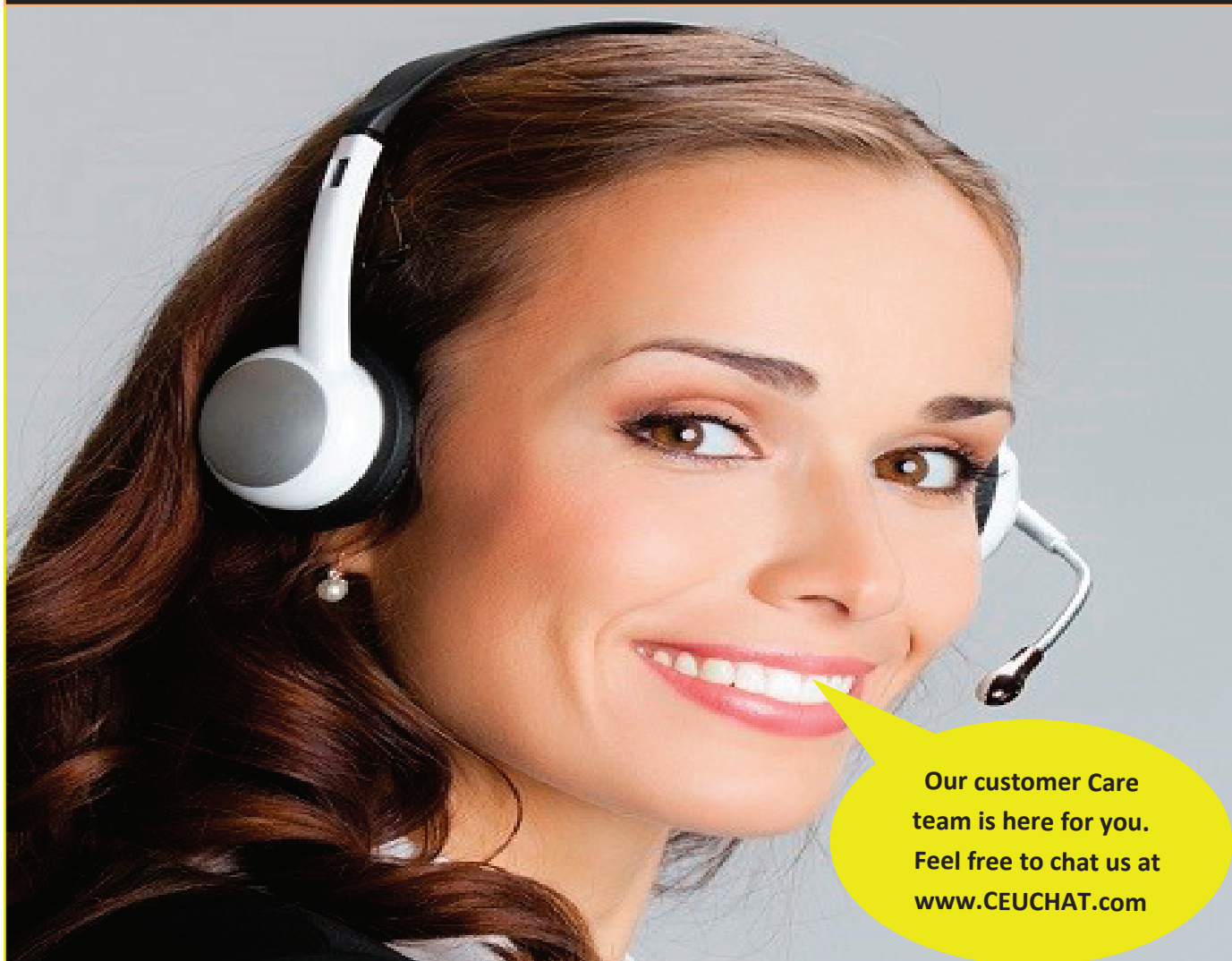
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