

# Continuing Education For Estheticians

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**Aesthetically  
Clean!®**



**Sanitation & Disinfection  
Home Study Program**



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# AESTHETICALLY CLEAN! ©

## Home Study Program *for Estheticians*

SANITATION & DISINFECTION ~ 5 CREDIT HOURS\*

### COURSE OBJECTIVES:

- ◆ Understand bacteria basics
- ◆ Identify the different types of bacteria
- ◆ Discover how bacteria moves, reproduces and enters the body
- ◆ Recognize how you can get infected at work and learn how to work safe
- ◆ Learn the important steps necessary to protect you and your clients
- ◆ Understand and implement proper sanitation, disinfection and sterilization

**IT'S EASY TO DO!**

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2. Go to our website  
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8. Your quiz will be graded - You must get 75% or greater to pass.
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### **\*\*IMPORTANT!\*\***

**We provide your continuing education. It is your responsibility to renew your license with the state!**

**You must receive a passing grade of 75% or greater.**

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Although Continuing Education is a necessity for salon professionals, the issues surrounding infectious disease control should be a high priority on our list of classes to take. The best defense against disease is knowledge. This program will help you better understand just how important infection control really is. You will learn how to protect both yourself and your client in a safe and effective manner. Small changes and a few extra steps can prevent many future problems.

## Sanitation & Disinfection

Possibly the most important issue for salon professionals is the proper sanitation and disinfection of all instruments and work surfaces. This is true for all Cosmetologists, Barbers, Nail Technicians and Estheticians. The disinfection and sanitation habits you form are very important because they can affect the health, safety and welfare of both you and your clients. Proper sanitation and disinfection ensures not only you and your client are protected from disease, but it also improves the appearance of your workstation and your salon as a whole. This will greatly impact how clients view you and your salon as industry professionals.

### BACTERIA BASICS:

It is important to fully understand how disease is spread and prevented. Bacteria are one-celled microorganisms so small they can only be seen through a microscope. Over 15,000 different species exist. They can be found everywhere such as skin, air, water, dust, lint and decaying matter.

### WHAT KIND IS IT?

There are two different types of bacteria and it is important to know which are harmful and which are beneficial.

### THE GOOD GUYS:

Nonpathogenic bacteria is non-disease-causing, which means they cannot harm us and, in fact, they often benefit us. This category covers about 70% of all bacteria. This non-pathogenic bacteria here in after called the "Good Guys", belong to the group of bacteria called saprophytes. The "Good Guys" feed on dead matter and help to cause decay which is essential to breaking down matter. They are also used in compost piles to improve the fertility of the soil.

As far as people go, nonpathogenic bacteria are the most abundant bacteria found in the mouth and intestines. This is where the "Good Guys" help aid in the digestion process by breaking down food. Often times, when we are prescribed antibiotics for sickness, these "Good Guys", located in our intestines, are destroyed along with the "Bad Guys". This can result in diarrhea. That is why it is recommended that we eat yogurt or take natural acidophilus capsules to replace the intestinal bacteria (Flora) that we lost due to the antibiotic.

### THE BAD GUYS:

Pathogenic bacteria (aka: germs) are disease-causing bacteria. This type of bacteria is harmful. Although they only make up 30% of all bacteria, they are the most common cause of infection and disease in humans. These "Bad Guys" invade and feed on healthy tissue in living plants, animals and

humans. They multiply quickly and spread disease by making toxins and poisons in the tissue that they invade.

### CLASSIFICATIONS OF "BAD GUYS"

There are three different groups or classifications of pathogenic bacteria, "Bad Guys".

1. COCCI (KOK-si) is a round-shaped bacteria that is pus-producing. It is a bacteria that can appear alone or in the types of groups listed below:



### STAPHYLOCOCCI

These bacteria grow in clusters. Boils, abscesses and local infections have this type of bacteria. Just remember it is like a cluster of grapes grouped together.

**Trick to remember:** "Clus/Pus".

### STREPTOCOCCI

These bacteria grow in chains. They cause blood poisoning, rheumatic fever, and most commonly strep throat.

**Trick to remember:** "chain around the neck".



### DIPLOCOCCI

These bacteria grow in pairs and cause pneumonia.

**Trick to remember:** "sick pair".

2. BACILLI are the most common type of harmful bacteria. They produce diseases such as tetanus, influenza, typhoid, tuberculosis and diphtheria. This bacteria is rod shaped and produces a fever.

**Trick to remember:** "Hot Rod".



3. SPIRILLA are spiral or corkscrew-shaped bacteria. One example is treponema pallida which causes syphilis.

### GROWTH & REPRODUCTION

Bacteria survive, grow and make more bacteria (reproduce) in warm, dark, damp and dirty places. As they are nourished, they grow. When they reach maturity, they divide. This type of division is called mitosis. During mitosis, two identical cells are formed and continue to



grow. As long as they are properly nourished, eventually they also will divide. This process happens very quickly. In 12 hours, 16 million bacteria can come from just one bacterium. Bacteria must have favorable conditions to grow and reproduce.

If conditions become unfavorable for reproduction and growth, many bacteria will form a tough outer covering called a spore. This covering protects the cell from the environment. This bacteria will remain in a spore state until the conditions again become favorable for growth and reproduction.

### BACTERIA MOVEMENT

Bacteria is very tiny, making travel easy. Bacteria move about through air, water and are carried or moved on contaminated objects (this also includes you or your client). There are only two bacteria that can move themselves in liquid. They are called bacilli and spirilla. They have hairlike projections called cilia and flagella. Just picture them like little tiny flags that move in a wave-like motion to propel the bacteria. Common ways bacteria can spread in the salon:

- ◆ Sores and/or open wounds on you or your client.
- ◆ Contaminated objects throughout the salon (i.e. chairs, brushes, towels, nail tables, pedicure stations, shampoo bowls and restrooms).
- ◆ The nails, hands, feet, hair and skin of your client.
- ◆ The nose, mouth and eyes of your client, coworkers and yourself.
- ◆ Contaminated tools and equipment.
- ◆ Coughing and sneezing.

### DISEASE

As we all know, disease is sickness or illness. The causes are numerous. Some diseases are caused by heredity, others by environmental factors. Still others are caused by improper diet and vitamin deficiencies. These diseases cannot pass from one individual to another. They are non-contagious. The salon professional does not have to be concerned with diseases of the non-contagious type because they cannot be spread between you and your clients.

Diseases that can spread from one person to another are known as contagious diseases. These are generally caused by an infection (an invasion of the body by microorganisms). This attack can occur at a single point. This is called a local infection. For example, a cut on the finger can become infected. A sign of infection is pus, redness or inflammation. If the infection is not treated, it can travel to the bloodstream, lymph vessels and eventually the entire body. A simple location is now much more serious as it can eventually, develop into a general infection that affects the entire body. This is why it is important to treat any cut you or your client may get immediately. Often times, the entire body is invaded at once and a general infection can develop rapidly.

### INFECTION

The rapidly developing general infection is very common and highly contagious. It passes easily from one person to another. Direct contact, such as shaking hands or kissing promotes its spread. Frequently, the microorganisms are airborne and spread by sneezing or coughing. A healthy person can then contract the illness, such as when a healthy person becomes sick after drinking from a glass which a sick person has used. As a professional, you must be educated on the spread of germs to help safeguard the health of you and your clients.

### IMMUNITY

Have you ever noticed that when many people have colds, there are some individuals who do not seem to get sick? This is because of their immunity. Immunity is the ability of the body to resist disease. Some people are born with or develop a resistance against a certain illness. This is called "natural immunity".

Acquired immunity is one developed after the body has fought off a disease. There are antibodies in the blood stream that will fight against the disease. The presences of these antibodies prevents the person from contracting the disease again. For example, once you have had the chicken pox, you will not get them again. This is because your body has developed antibodies which kill the bacteria that cause the chicken pox.

You do not have to have a disease in order to develop immunity. You can become vaccinated against a specific disease. This is called artificial immunity. An injection introduces a serum or vaccine which causes the development of the antibodies that fight the disease. This helps to prevent you from contracting the illness. An example is the flu shot. It produces this artificial immunity so you don't get the flu.

### HOW BACTERIA CAN ENTER YOUR BODY

- ◆ Your nose, eyes or mouth
- ◆ Skin that is broken, has a cut, scrape, burn or rash
- ◆ Skin that is inflamed, cracked or very dry
- ◆ A hangnail (ragged or partly detached skin near a nail)



To help prevent the spread of bacteria, keep wounds covered.



|   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| D | E | X | G | H | R | P | A | B | J | P | R | T | U |
| G | I | S | B | A | C | T | E | R | I | A | N | A | E |
| F | M | S | P | I | R | I | L | L | A | T | A | F | B |
| R | M | C | E | B | D | K | B | C | T | H | I | O | O |
| C | U | A | S | A | E | H | U | A | X | O | L | T | O |
| A | N | Y | F | C | S | T | J | L | C | G | S | E | K |
| S | I | B | O | I | R | E | S | L | Z | E | F | S | J |
| N | T | S | I | L | F | P | K | B | U | N | A | D | P |
| I | Y | D | A | L | S | T | H | E | E | I | S | B | C |
| K | G | K | C | I | H | J | C | U | N | C | K | O | M |
| S | A | N | I | T | A | T | I | O | N | S | C | T | N |
| Z | I | A | H | I | C | E | I | N | P | C | O | P | A |
| L | G | B | A | G | R | T | A | P | I | U | S | E | E |
| L | P | E | R | T | C | S | Y | T | E | M | U | Z | L |
| A | X | A | M | E | E | A | E | X | E | K | E | C | C |
| H | C | S | F | I | F | M | I | T | O | S | I | S | P |
| Y | J | N | U | P | S | Z | A | X | M | E | G | F | X |
| Z | I | S | L | S | A | P | R | O | P | H | Y | T | E |

## EXERCISE 1. - BACTERIOLOGY WORD FIND

Fill in the blank and find the word in the word find above.

1. The first level of decontamination is \_\_\_\_\_.
2. Nonpathogenic \_\_\_\_\_ is non-disease causing.
3. Pathogenic Bacteria are \_\_\_\_\_.
4. \_\_\_\_\_ is bacteria that feed off dead matter.
5. Round pus-producing bacteria are \_\_\_\_\_.
6. \_\_\_\_\_ bacteria make up only 30% of all bacteria.
7. Rod-shaped bacteria that cause a fever \_\_\_\_\_.
8. \_\_\_\_\_ are spiral or corkscrew-shaped bacteria.
9. Cell division and reproduction is called \_\_\_\_\_.
10. \_\_\_\_\_ is the ability of your body to resist disease.
11. Sickness or illness is called \_\_\_\_\_.
12. A general \_\_\_\_\_ is very common and highly contagious.

## HOW YOU CAN GET INFECTED AT WORK

Infection can result from dirty instruments, hands, sharing of eating and drinking utensils, coughing or sneezing without covering the mouth, and open sores on you or your client. Helping an injured person without using a protective barrier between you and the infected person's blood or bodily fluids can also result in infection. Also, if you are cut or pricked by a sharp object (i.e., cuticle nipper, tweeter or shear) that has infected blood or bodily fluids on it, infection may occur.

## WORKING SAFE

Safety in a salon is up to you and your employer. Your employer

will put together safe work practices and procedures. These are put into place to make the salon a safe working environment. Often times, you may be tempted to cut corners in these areas. However, it is extremely important that you follow these strict guidelines, not just for your safety but for the safety of your clients as well. Below is a list of just a few of the safety practices that you should follow:

1. Always practice proper disinfection and sanitation procedures.
2. Wear protective gloves and mask when measuring disinfectants or working with harsh chemicals.
3. Do not work on a client if they are contagious and don't come to work if you are contagious (i.e., strep throat, chicken pox, flu or severe cold).
4. Always wash hands between clients, after using the bathroom, before eating, drinking, etc... When you wash your hands, be sure to lather well with soap and running water. Clean between your fingers and around nails (as this is where bacteria is likely to be more concentrated) and rinse well.
5. If your client has an open wound, do not work around it. Refer them to a physician.
6. Always use fresh clean linens on each client. Store dirty linens in a covered container.
7. Keep your work area well ventilated and clean. Wipe up spills immediately to avoid someone falling.
8. Never allow pets in the salon, except for service animals.
9. Keep M.S.D.S. (Material Safety Data Sheets) on hand at all times for all the products in the salon. These will be used in the event of an emergency.
10. Dispose of any blood or body fluid contaminated items in a biohazard container.

## SALON CLEANING &amp; GERM CONTROL

The purpose of sanitary precautions is to safeguard the public by preventing the spread of disease. Public health departments and the state boards of cosmetology set rules which must be followed at all times. More importantly, you, as a professional, have an obligation to protect the public from disease and infection. Failure to comply with the regulations, can have serious consequences for both you and your client. Inspectors employed by the state often visit salons without prior notice. Repeated violations can lead to the loss of your license.

Salon cleanliness is the responsibility of all who work in the salon. Everyone must pitch in and help keep the shop clean, sanitary and disinfected. Cultivating good cleaning habits spread to others and is an excellent opportunity to be a great influence.

There are three levels of decontamination. Sterilization is only possible in a hospital operating room. It is not important and furthermore impossible to sterilize surfaces in the salon. The first level of decontamination

# Salon Cleaning & Germ Control

is called sanitation. This is a simple and basic step and essentially where it all begins. This step will drastically reduce the number of pathogens on a surface. Washing hands is a form of sanitation. Using soap or detergent and water is an example of sanitation. Salon sanitation can be accomplished by following this simple list:

- ◆ Floors should be swept clean whenever needed.
- ◆ Deposit all waste materials in a metal waste can with a self closing lid.
- ◆ Waste cans must be emptied regularly throughout the day.
- ◆ Dust and nail filings can carry pathogens so they must be controlled.
- ◆ Windows, screens, and curtains should be clean.
- ◆ Salons need both hot and cold running water.
- ◆ Restrooms must be clean and tidy.
- ◆ Toilet tissue, paper towels, and liquid soap must be provided.
- ◆ Wash hands after using the restroom and between clients.
- ◆ Clean doorknobs often, especially in the restroom.
- ◆ Clean sinks and drinking fountains regularly.
- ◆ Separate or disposable drinking cups must be provided.
- ◆ The salon must be free from insects and rodents.
- ◆ Salons should never be used for cooking or living quarters.
- ◆ Food must never be placed in refrigerators used to store salon products.
- ◆ Eating, drinking, and smoking in the salon is prohibited by federal regulations.
- ◆ Employees must wear clean, freshly washed clothing.
- ◆ Always use a freshly laundered or disposable towel for each client.
- ◆ All containers must be clearly marked, tightly closed, and properly stored.
- ◆ The outside of all containers, pumps, and dappen dishes should be kept clean.
- ◆ Soiled linen is to be removed from the workplace and properly stored for cleaning. Then it must be washed at 160°F for a minimum of 25 minutes or it can be effectively sanitized at a slightly lower temperature with carefully controlled amounts of detergent and bleach.
- ◆ Do not place any implements or tools in your mouth or pockets.
- ◆ Implements must be properly cleaned, disinfected, and stored after each use.
- ◆ Professionals should avoid touching their face or eye area during services.
- ◆ Wash hands before touching the face, eyes, eating, or using the restroom.
- ◆ No pets or animals should ever be allowed in salons, except for trained, seeing eye dogs.

Source 2004 "Milady's Standard Nail Technology".



## DISINFECTION

Disinfection is the next level of the decontamination process. It is obvious that sanitation will not kill all pathogens. This is where disinfection comes in. Disinfection kills bacteria on non-living surfaces (i.e., counter tops, foot baths, implements, table tops, station tops and manicure bowls). You should never use disinfectants on skin or nails. It is very important that you read and follow all manufacture's instructions to insure effectiveness and safety.

## QUATERNARY AMMONIUM COMPOUNDS

There are different types of disinfectants. The most frequently used in salons are quaternary ammonium compounds ("quats"). These are safe, fast-acting and the most cost effective of all salon disinfectants. Implements are disinfected in 10 minutes with total immersion. If you leave your implements immersed for longer than the suggested time, they may rust or become dull. It is recommended that you use the type of quats that have rust inhibitors and lubricants for your tools, as this will keep your tools in superior working order. Quats are also effective for cleaning tables and counter tops. It is very important to mix quats according to the manufacture's directions.

## PHENOLICS

Phenolics are just another type of disinfectant that have been on the market for many years. If you use them according to the manufacturer's directions, they also can be safe and very effective. The one major drawback, in comparison to quats, is that phenolics can break down some rubber and plastics after repeated exposure. Be sure to always avoid skin contact, especially when working with the concentrated solutions, as this can cause serious skin irritation. It is also corrosive to the eyes. Be sure to avoid inhalation of the chemical when using in a spray bottle as this will damage the delicate lining of the lungs, throat and nose. Phenolics are very effective. However, they are the most costly disinfectant when compared to other professional salon disinfectants. They have a very high alkaline pH (< 11). It is for this reason that some states require special disposal. As always, be sure to read and follow all manufacture's directions exactly.

## ALCOHOL & BLEACH

Alcohol is a broad term that covers many different types of chemical compounds. The most commonly used are methyl alcohol (methanol fuel, antifreeze, etc.), ethyl alcohol (ethanol or grain alcohol) and isopropyl alcohol (isopropanol or rubbing alcohol).

Ethyl and isopropyl alcohol are sometimes used to





disinfect salon implements. To be effective, ethyl must be no less than 70% and isopropyl must be 99%. Alcohol is not an EPA registered disinfectant. If a state requires use of a hospital grade disinfectant, alcohol is not legal to use as such a disinfectant.



When you compare alcohol to quats or phenolics, there are many disadvantages. Alcohol is extremely flammable, evaporates rapidly, is less effective and slower acting than these other disinfectants. It will also dull sharp edges of implements and discolor or damage other surfaces.

Sodium Hypochlorite (household bleach) can be used as an effective disinfectant.

However, it has some of the same disadvantages as alcohol. As far as professional salon disinfectants go, bleach and alcohol were not designed for this use and are not a good choice. They were frequently used in the past, but now we have more advanced and effective technology.

### DON'T BE FOOLED

There are a couple of things that are basically useless as far as disinfectants go. Ultraviolet ray sanitizers are available to salons, however they will not disinfect salon implements. So don't be fooled-they won't disinfect anything! After you disinfect your implements, you can use the UV sanitizer as a place to store them. A less expensive alternative is an airtight container.

A bead sterilizer is the other fake. They are small machines with a round pot in the middle that contains tiny glass beads. If you were to sterilize an implement with dry heat, it would have to be for 30 minutes at 325°. These devices will not get this hot. The other thing of concern is that the entire implement must be submersed into the beads in order to be completely disinfected. This is impossible because the bead cup is only 1 1/4" deep. Don't be fooled! These devices claim to be FDA registered. However, this means nothing to us as salon professionals because the FDA does not require any testing or proof.

### FORGET FORMALIN

Formalin contains large concentrates of formaldehyde, a suspected human carcinogen. After many years of salon use, as both a disinfectant and fumigant (in dry cabinet sanitizers), we now know that it is not safe and therefore cannot be used in some states. Formalin is poisonous to inhale or touch. It is also very irritating to the lungs, throat, nose, eyes and skin. Prolonged, repeated or long-term exposure can cause reactions similar to bronchitis or asthma.

### VISIBLE BLOOD

The blood can contain many pathogens like hepatitis B. It is for this reason that the healthcare industry has written many regulations about cleaning up blood. Many state boards of cosmetology have also adopted these regulations. OSHA has implemented mandatory reporting of blood exposure from

employee to employer. You should report any accident to your supervisor immediately. Anyone else who was involved and/or witnessed the accident should be listed in the report.

A tuberculocidal disinfectant is required by the state to clean up any visible blood. This will provide extra protection when blood spills are involved.

If a blood spill occurs when you or your client is accidentally cut with a sharp instrument, be very careful and follow the safety steps below:

1. Stop the service!
2. Apply rubber gloves or a protective barrier.
3. Apply an antiseptic or styptic liquid.
4. Cover the injury with a clean sterile dressing or bandage.
5. Clean workstation with an EPA registered, hospital grade disinfectant that contains a tuberculocidal.
6. Remove all disposable contaminated objects from the station (i.e., cotton, towels, wipes, gauze, etc.) by double bagging them. After it sealed in the double bag, mark with a biohazard sticker or deposit the bag into a contaminated waste receptacle. Disposable sharps must be placed into a sharps box.
7. Remove your gloves or protective barrier. Thoroughly wash your hands, wrists, and forearms with soap and rinse well.
8. Any implements or tools that may have come into contact with the blood or body fluids must be disinfected with an EPA registered, hospital grade disinfectant, that contains a tuberculocidal or one that kills HIV-1 and Hepatitis B. Be sure to completely submerge the implement in the solution. Mix according to the manufacture's direction.



### IT'S ALL UP TO YOU!

**It is your responsibility, as a licensed salon professional, to protect the health, safety and welfare of yourself and the clients you serve. This can be accomplished by remembering and practicing proper sanitation and disinfection. Your clients will see that you care about their safety and are more likely to return to you and your salon. Remember, small changes and a few extra steps can prevent many future problems.**



**EXERCISE 2 ~ Fill in the Blank**

- About 70% of all bacteria are \_\_\_\_\_.
- \_\_\_\_\_ are non-pathogenic bacteria that feed on dead matter to help cause decay.
- Staphylococci are bacteria that grows in \_\_\_\_\_.
- The bacteria that grows in chains are called \_\_\_\_\_.
- The hair-like projections that help bacteria to propel themselves in liquid are called \_\_\_\_\_ or \_\_\_\_\_.
- A disease that can be spread from one person to another is called \_\_\_\_\_.
- Some people are born with or develop a resistance against a certain illness this is called \_\_\_\_\_ Immunity.
- When antibodies are in the bloodstream, after an illness, that fight against a disease, this is called \_\_\_\_\_ Immunity.
- The injection of a serum or vaccine which causes immunity is \_\_\_\_\_ Immunity.

**EXERCISE 3 ~ Multiple Choice**

- Pneumonia is caused by which bacteria?
  - Streptococcic
  - Diplococci
  - Staphylococci
  - Spirilla
- Bacteria can enter your body in what way?
  - Broken Skin
  - Nose
  - Eyes
  - All of the above
- These sheets should be kept in the salon for emergencies:
  - Procedural
  - Satin
  - MSDS
  - Fabric Softener

- How often should you wash your hands?
  - Once a Day
  - After each client
  - When you feel like it
  - Only when they smell
- You should dispose of blood contaminated items in a \_\_\_\_\_ container.
  - Metal
  - Covered
  - Plastic
  - Biohazard
- Cork screw-shaped bacteria are:
  - Bacilli
  - Sprilla
  - Staphylococci
  - Diplococci
- You should always wear \_\_\_\_\_ gloves when mixing disinfectants.
  - Safety
  - Protective
  - Wool
  - Leather
- Repeated violation of the rules of sanitation, can result in the loss of your \_\_\_\_\_ from the state.
  - License
  - Hair
  - Skills
  - Nails
- There are 3 levels of sanitation, they are sterilization, disinfection and sanitation. Which one is not possible in the salon?
  - Sanitation
  - Fumigation
  - Disinfection
  - Sterilization

**EXERCISE 4 ~ True or False**

- Quaternary Ammonium Compound is the most expensive of all professional salon disinfectants.
 

☐ True
 ☐ False
- Phenolics will break down some rubbers and some plastics.
 

☐ True
 ☐ False
- There are 2 different types of Alcohol.
 

☐ True
 ☐ False
- Bead sterilizers and UV sanitizers are very effective disinfectants.
 

☐ True
 ☐ False
- Blood should be cleaned up with a tuberculocidal.



## Exercise Answers:

### EXERCISE 1 ~ Word Find

D E X G H R P A B J P R T U  
 G I S B A C T E R I A N A E  
 F M S P I R I L L A T A F B  
 R M C E B D K B C T H I O O  
 C U A S A E H U A X O L T O  
 A N Y F C S T J L C G S E K  
 S I B O I R E S L Z E F S J  
 N T S I L F P K B U N A D P  
 I Y D A L S T H E E I S B C  
 K G K C I H J C U N C K O M  
 S A N I T A T I O N S C T N  
 Z I A H I C E I N P C O P A  
 L G B A G R T A P I U S E E  
 L P E R T C S Y T E M U Z L  
 A X A M E E A E X E K E C C  
 H C S F I F M I T O S I S P  
 Y J N U P S Z A X M E G F X  
 Z I S L S A P R O P H Y T E

### EXERCISE 2 ~ Fill in the Blank

- |                     |               |
|---------------------|---------------|
| 1. non-pathogenic   | 6. contagious |
| 2. saprophyte       | 7. natural    |
| 3. clusters         | 8. acquired   |
| 4. streptococci     | 9. artificial |
| 5. cilia & flagella |               |

### EXERCISE 3 ~ Multiple Choice

- |      |      |
|------|------|
| 1. b | 6. b |
| 2. d | 7. b |
| 3. c | 8. a |
| 4. b | 9. d |
| 5. d |      |

### EXERCISE 4 ~ TRUE OR FALSE

- |          |          |
|----------|----------|
| 1. false | 4. false |
| 2. true  | 5. true  |
| 3. false |          |

## SELF TEST

Select the correct answer, mark it on the SELF TEST answer sheet on pages 7 and 8.

- Bacteria are one-celled microorganisms so small they can only be seen through a
 

|                     |               |
|---------------------|---------------|
| a. glass eye        | c. microscope |
| b. porcelain filter | d. screen     |
- Pathogenic bacteria are also known as
 

|           |             |
|-----------|-------------|
| a. spores | c. microbes |
| b. germs  | d. dirt     |
- Round pus-producing bacteria is called
 

|            |             |
|------------|-------------|
| a. cocci   | c. spirilla |
| b. bacilli | d. cocoa    |
- Bacteria that grow in pairs and cause pneumonia is called
 

|                  |                 |
|------------------|-----------------|
| a. staphylococci | c. streptococci |
| b. diplococci    | d. pathogenic   |
- The bacteria that causes strep throat is
 

|                  |                 |
|------------------|-----------------|
| a. staphylococci | c. streptococci |
| b. diplococci    | d. pathogenic   |
- The most common way bacteria can spread in the salon is
 

|                  |                |
|------------------|----------------|
| a. kissing       | c. hugging     |
| b. shaking hands | d. open wounds |
- The ability of the body to resist disease is called
 

|               |              |
|---------------|--------------|
| a. immunity   | c. infection |
| b. resistance | d. antibody  |
- How many levels of decontamination are there?
 

|            |          |
|------------|----------|
| a. one     | c. eight |
| b. sixteen | d. three |
- Hand washing is a form of
 

|                 |               |
|-----------------|---------------|
| a. disinfection | c. sanitation |
| b. sterilizing  | d. bacteria   |
- What type of disinfectant do you use to clean up visible blood
 

|                   |                   |
|-------------------|-------------------|
| a. tuberculocidal | c. germicidal     |
| b. bloodicidal    | d. pneumoniacidal |
- Dispose of any blood or bodily fluid contaminated items in a
 

|                        |                |
|------------------------|----------------|
| a. covered trash can   | c. metal box   |
| b. biohazard container | d. garbage can |

.....continued on next page



12. These two things were used in the past as disinfectants and have been replaced by more advanced and effective products.

- a. monomer & polymer
- b. fungus & mold
- c. alcohol & bleach
- d. plastic & rubber

13. Formalin contains large amounts of

- a. forma
- b. pathogens
- c. linen
- d. formaldehyde

14. In order for a bead sterilizer to actually work, it would have to heat up to

- a. 450°
- b. 325°
- c. 500°
- d. 1000°

15. What government agency has implemented mandatory reporting of blood exposure from employee to employer?

- a. NASA
- b. USDA
- c. FDA
- d. OSHA

16. Who is responsible to protect the health, safety and welfare of you and your clients?

- a. the manager
- b. the butcher
- c. you the salon professional
- d. the accountant

**\*\*Note: Individuals licensed by the Illinois Department of Professional and Financial Regulation for Esthetics are required to complete 10 hours of continuing education !\*\***

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Notes: