

 Gently hold each exercise for 10 seconds and breathe slowly

Back of Legs

Place your hands shoulder width apart on a wall or table. With legs straight but not locked, keep hips directly above your feet and lower head between arms.



Shoulders and Upper Back

Keeping your shoulders down and relaxed, put one hand on your opposite shoulder and look the other way. Pull your elbow in and up with the other hand. Repeat on other side.



Neck #1

Hold on to the side of a chair with one hand. Put the other hand over your head onto the opposite ear. Gently bend your head sideways, bringing your ear towards your shoulder.



Shoulders

Lace your fingers and stretch your arms with your palms facing out at shoulder height.



Neck #2

Keeping your arms and shoulders loose and your head facing straight forward, tuck your chin.



Fingers

Stretch your fingers apart, and then relax.




PREVENTING PROBLEMS


1. Use an adjustable chair with back support and keep your feet on the floor.
2. Keep your head and back upright and shoulders relaxed.
3. Bring the client's foot or hand as close to you as possible to avoid strain.
4. Use good lighting.
5. Wear safety glasses, especially when dust is created from filing.
6. Use hydrating eye drops to prevent strain and dryness.
7. Use foam padding or a rolled towel under where your arms are resting.
8. Use the tools you find easiest to hold (called "ergonomic nail technicians' tools").
9. Take frequent breaks and move around.
10. Do brief stretching exercises between clients.




SEE YOUR HEALTHCARE PROVIDER IF...

1. You experience continued pain that makes it difficult for you to work or sleep.
2. You experience any numbness or tingling in any part of the body that does not go away.
3. You experience weakness in any muscles or a change in sensations.
4. You experience headaches or eye pain regularly.

 **Facebook:** Healthy Nail Salon Network - Toronto

 **Twitter:** @TOHealthyNails - Toronto

 **Contact:** mflohc@mflohc.mb.ca - Manitoba
nailsalonproject@pqwchc.ca - Toronto

 This resource is available online in English and Vietnamese at www.mflohc.mb.ca. Access the resources for nail salon workers in English, Chinese and Vietnamese created by the original project in Toronto at www.pqwchc.org/nails



STRETCH

PREVENTING STRESS AND PAIN WHILE YOU WORK: FOR NAIL SALON TECHNICIANS



The views expressed in the publication are the views of the Nail Salon Workers Project and do not necessarily reflect those of the Province.

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 This resource is available online in English and Vietnamese at www.mflhch.mb.ca
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 If you would like additional copies of this poster in English, Chinese or Vietnamese, contact: nailsalonproject@ctchc.com

OHCC Occupational Health Centre
MFL Occupational Health Centre
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FOR MORE HELP AND INFORMATION

WORK, ENVIRONMENT ORGANIZATIONS

Manitoba Workplace Safety and Health Branch
 200-401 York Ave.
 Winnipeg, Manitoba R3C 0P8
 Tel: 204-945-3446
 Toll free: 1-800-282-8069
www.gov.mb.ca/labour/safety
 Information and enforcement of workplace health and safety laws and workplace investigations. Call to anonymously report unsafe work, 24 hours a day, 365 days a year.

SAFE Work Manitoba
 16-363 Broadway
 Winnipeg, Manitoba R3C 1P2
 Tel: 204-957-7233
 Toll free: 1-855-957-7233
www.safemanitoba.com
 Provides prevention education, safety programming, consulting and direction to create a culture of safety for all Manitobans.

HEALTH SERVICES

Occupational Health Centre
 102-275 Broadway
 Winnipeg, Manitoba R3C 4M6
 Tel: 204-949-0811
 Fax: 204-956-0848
www.mflhch.mb.ca
 A community health centre with a focus on workers' health. Make an appointment with a doctor if you have a work-related health concern. You can also get more information and help for health and safety concerns in your workplace.

HEALTH SERVICES (continued)

PAN AM Clinic
 75 Poseidon Bay
 Winnipeg, Manitoba
 Canada R3M 3E4
 Tel: 204-925-1550
www.panamclinic.org
 Provides expert assessment and treatment for patients with acute injuries such as sprains, cuts, bruises, and fractures that do not require hospitalization. The Minor Injury Clinic is set up to assess and treat most bone, joint and soft tissue injuries.

Legacy Sports Medicine
 14 - 160 Meadowood Drive
 Winnipeg, Manitoba, R2M 5L6
 Tel: 204-949-1099
 Sport medicine physicians provide assessment and management of a wide array of musculoskeletal conditions. Appointments can be made in person or by phone. Services are typically covered by Manitoba Health and the Workers Compensation Board.

Family Doctor Connection Program
 Manitoba Health
 Tel: 204-786-7111
 Provides names of family doctors who are accepting patients.

HEALTH SERVICES (continued)

Manitoba Health Protection Unit
 Tel: 204-945-4204
 Email: healthprotection@gov.mb.ca
 Contact to report concerns about a salon's cleaning and disinfection practices.

Health Canada
 Cosmetic Safety
www.Canada.ca/en/health-canada/services/cosmetics.html
 Information on Cosmetic safety, advertising, labelling, ingredients and regulation, report an incident, read about cosmetic products.

California Healthy Nail Salon Collaborative
www.cahealthynailsalons.org
 Works to improve the health, safety and rights of the nail and beauty care workforce to achieve a healthier, more sustainable and just industry. (Not a Canadian resource. Some information may not apply to Winnipeg, includes information in Vietnamese language).

ENGLISH LANGUAGE SUPPORT

Winnipeg School Division's Adult EAL Program
<https://www.winnipegssd.ca/Education%20Services/EquityDiversity/adult-EAL/Pages/default.aspx>
 Provides an opportunity for immigrants to improve their English Skills in order to settle in Manitoba

ENGLISH LANGUAGE SUPPORT (continued)

WELARC - Winnipeg English Language Assessment and Referral Centre
www.welarc.net
 Help newcomers to Canada improve their communication skills in English or French and provides testing with the Canadian Language Benchmark Placement Test (CLBPT) to assess English skills

Winnipeg Adult Education Centre
<https://www.winnipegssd.ca/schools/WinnipegAdultEdCentre/Pages/Default.aspx>
 Provides opportunities for adults to continue their high school education in an adult atmosphere, i.e. English as an Additional Language Program (EAL)

To make a confidential complaint about health conditions in your workplace:

Manitoba Workplace Safety and Health Branch
 204-945-3446
www.gov.mb.ca/labour/safety

Manitoba Health Protection Unit
 204-945-4204
healthprotection@gov.mb.ca