Workplace Safety Part 2

We're going to start with groomer wellbeing. Let's start with the eyes. Every day there's about 2000 people that end up in a medical facility due to eye injuries. They will fall into three categories. The first is striking or scraping from flying debris such as nail clippings, dremelings or clippings flying and it hits the eye. This includes sudden blunt force trauma as well. You run into the edge of the cabinet. Second something has embedded in your eyeball. This can be caused by flying debris, and three, chemical and thermal burns caused by cleaning or grooming products getting into our eyes. Then there are also diseases that enter the mucous membrane of our eyes, such as from respiratory droplets in the air, or touching our eyes after touching a contaminated service. This includes the flu and COVID, which we'll talk about later in sanitation. Safety glasses and face shields can have can have can help here.

Next let's talk about professional attire. First of all, let's talk about jewelry. Earrings in particular. I stopped wearing earrings, because I've had more than one pair ripped out of my ears. A paw snags hold of the earring and as it was moving through my hair. It hurts pretty badly. So be really careful with any kind of jewelry that you're wearing.

Professional attire is designed to protect us from the elements in which we work. Smocks and aprons keep us dry. Wearing wet clothing can increase your risk of getting acne on the body. Heat and humidity can cause you to produce more sebum which is oil, which can result in a breakout if you are prone to acne, and then add any clothing that traps and moisture and it will promote bacterial growth.

Good quality footwear as we are on our feet or all day so you want to look for work shoe quality, such as for nurses and restaurant workers, and work shoes have a lifespan to them. Just because you spent $100 on them, doesn't mean that they will last for years. The general rule of thumb is a good quality working shoe will last about six months. Close toed shoes keep sharp objects from landing in our feet as well as keeping out hair splinters.

Let's dive into hair splinters right. The reason groomers are more prone to hair splinters is because freshly cut hair is very sharp. As a result, it's easier for that cut hair to penetrate your skin. This is especially true if the hair is short course or thick. You can reduce the likelihood of getting them by:

* Wearing close toed shoes.
* Frequent vacuuming of facility and remove hair from the table while grooming and that means removing the hair using a comb to scrape the hair off rather than using your hands to do so.
* Regularly examining your hands and feet for signs of a hair splinter covering the areas of your body that are prone.
* Wash short coated dogs with a bathing system or a curry brush.
* Lower the humidity of your salon it's recommended to be between 45 and 50%.
* Dust yourself a baby powder.
* Blow off the coat after finishing the groom before you put your hands on the dog.
* Keep yourself hydrated.

Most hair splinters are nothing more than an annoyance but two problems can occur. The first is a cutaneous pili migraines. It's a kind of a rare condition. But what happens is when a hair splinter, and it's usually once on your foot, causes something called a creeping eruption. It's caused by the hair moving through your skin which causes a dark line. It's often confused with cutanoeus, larva migraines, which is a parasitic skin infection. If this happens you likely need to have your doctor make a small incision in your skin to help remove the hair. The second one is interdigital pilonidal sinus alright. This is also referred to as the barbers disease or hairdressers disease. It happens when a strand of hair penetrates a hairless area, particularly the skin between your fingers. The hair burrows under your skin which can cause which can prompt response from your immune system. This results in a small passage in your skin called a pony adult, alone adult sinus. This opening can develop an infection, which can lead to a bone infection which can lead to amputation. So take it seriously. If you hair splits or turns into an interdigital pilonidal sinus, you will need to see your doctor. They're going to prescribe you a round of antibiotics.

In most cases, you can treat a hair splinter on your own at home. However, call your doctor if you notice and if the following:

* Your skin looks red or swollen or feels warm.
* If there's severe pain.
* There's a sensation that something is under your skin but you can't see it.
* Any hair splinter near your eye.
* If the area is draining plot is draining pus.

How do you remove hair splinters:

* You want to soften up the area with soap and worrying tweeze it out.
* You can soak it in Epsom salts to draw it out.
* There are also other products on the market, the called drawing salves, wax strips, or tape to pull them out.

Onto groomers lung. It's a pulmonary disease called brachiestatis. Brachiestatis is a condition where the bronchial tubes become enlarged, resulting from any medical condition that creates the production of mucus. Frequent episodes of bronchitis, pneumonia, and chronic coughs can contribute to this disease. Once the bronchial tubes become enlarged, they can they can form pockets that hold the mucus making it difficult to expel it. This is breeding ground for bacteria. Lung infections become a common occurrence and there is no cure for this disease and it is not reversible. It is managed by inhalers and nebulizers, which help to expel the mucus. Antibiotics are prescribed when infections arise. And any common cold can turn can quickly turn into pneumonia due to weakness in the lungs. coughing up blood from coughing, so much is very common and brachiestatis patients.

It occurs to those groomers who are predisposed, meaning they are prone to respiratory issues. It's been confused for many years with chronic allergies and persistent coughing, groomers breathe in dander and hair on a consistent basis unless they are using masks. It is a medically diagnosed condition. If you're having persistent coughing or chronic allergies, or are prone to respiratory illnesses see a pulmonary specialist, not your general practitioner. The mask you need is something that is snug against the face. There is a link to two recommended masks in the workbook. Also, there is a link in the work with is a link to an interview with Jody Murphy that the Traveling Groomers did is very good. Jodi Murphy suffers from groomers lung. In the workbook there is a link to a case study of a groomers lung diagnosis that was believed to be caused by inhaling flea and tick products.

Then there's the hydration, right? So why is water so important to the body? Water moves inside the cells to the bloodstream to maintain the needed amount of blood volume and blood pressure. If dehydration continues, tissues of your body begin to dry out cells begin to shrivel and malfunction. Being in a state of continual dehydration will damage organs.

Groomers work in dehydrating conditions to start off. How much liquids you need in a day? The average healthy adult living in a temperate climate need, according to the Mayo Clinic is about 15 and a half cups for men and 11 and a half cups for women. Now my basic rule of thumb is I would drink half a regular bottle of water per pet, plus a little bit more in the summertime.

Breaks is where breaks important throughout the day. Besides any regulatory requirements. Number one, it increases productivity and reduces error to reduce the stress the mind can only take so much before becomes overloaded by too much data or activity, which could ultimately lead to stress. Why is a full lunch break important? Because the brain and muscles need key nutrients throughout the day. If you don't get them, you tire faster, and are more prone to accidents. If you rely on sugary foods such as pasta bread cereal soda bars, they released a glucose quickly that leads to a burst of energy followed by a slump. High fat meals such as fast food provide more sustained energy, but require your digestive system to work harder, reducing oxygen levels in the brain and making us groggy. Bring a healthy lunch. Break rooms should also have a small refrigerator and a microwave right. Mobiles and house callers can have a travel fridge and/or hot logics.

We need ortho mats, good quality ortho mats. I personally look for restaurant or industrial quality, they will help the boost circulation in the legs, reducing fatigue throughout the day. They should be completely sealed, so no seams for water to get in. And beveled edges so they are not trip hazards and enough grip on both sides so you don't slide.

Hostile work environment. Harassment is a form of employment discrimination that violates title seven of the Civil Rights Act of 1964. The Age Discrimination Act in the Employment Act of 1967. And the Americans with Disabilities Act of 1990. Harassment is unwelcome contact or conduct that is based on race, color, religion, sex, including pregnancy, national origin, age 40 or older disability or genetic information. Harassment becomes unlawful when the offensive conduct becomes a condition of continued employment or to the conduct is severe or pervasive enough to create a work environment that a reasonable person would consider intimidating, hostile, or abusive.

Anti-discrimination laws also prohibit harassment against individuals in retaliation for filing a discrimination charge, testifying or participating in any way in an investigation proceeding, or lawsuit under these laws, or opposing employment practices that they reasonably believe discriminate against individuals in violation of these laws. Petty slights, annoyances and isolated incidents, unless extremely serious, will not rise to the level of illegality. To be unlawful, the conduct must create a work environment that would be intimidating, hostile or offensive to reasonable people. Two groomers having a spat is different behavior. from continuing harassing someone on a daily basis. You should document each incident along with video if you can. And if the hostile work environment meets this criteria, it can be a workman's comp case for mental injury. Business owners need to address these issues and state how it will be handled in their employee manual regarding actions and consequences.

Post Traumatic Stress Disorder PTSD is a mental health condition that's triggered by a terrifying event, either experiencing it or witnessing it. Symptoms may include flashbacks, nightmares, and severe anxiety as well as uncontrollable thoughts about the event. So how does this happen in a grooming facility, Death of a pet, pet bites, and any sort of criminal behavior. Preventing this requires good safety protocols. So that's careful check-ins to assess the health and the behavior of the pet and security measures in place to protect everyone within the facility.

Take care of sharp edges. You'll notice in this picture here, that all the edges around the grooming are and the corners of the cabinets are all covered. Why? five stitches on top of a friend's head. So after this happened, they went in and they covered all sharp objects, all sharp edges. In mobile units, everything is so close. You're gonna have to pay attention and see where your head is going to hit. IIt’s harder to control in other people's homes. When I had my my first mobile grooming van, the doors opened out rather than slide. There's a latch where the two doors meet and close. I hit my head so many times on that thing it removed most of the paint off of it.

Let's delve into products.

Let's start with cleaning supplies. Many factors influence whether a cleaning chemical will cause health problems. There are some important factors that you need to consider and they include the chemical ingredients of the cleaning product, how the cleaning product is being used or stored, ventilation in the area where the cleaning product is used, whether there are splashes and spills, whether the cleaning part comes in contact with the skin and whether any mist of vapors or gases are released.

Chemicals and some cleaning products can be irritating to the skin and can cause rashes. Cleaning products that contain corrosive chemicals can cause severe burns if splashed on the skin or in the eyes. Mist vapors and gases from cleaning chemicals can irritate the eyes, nose, throat and lungs.

Symptoms would include burning eyes, sore throat, coughing, trouble breathing and wheezing. Chemicals and some cleaning products can trigger can asthma attacks. Some cleaning products contain hazardous chemicals that can enter the body through the skin contact or from breathing gases into the lungs. Mixing cleaning products that contain bleach and ammonia can cause severe lung damage or even death. Many cleaning and disinfecting products have instructions on how to use them both on the bottle bar and on the SDS (safety data sheets). They may require equipment such as masks, gloves, eye protection or respirators. Those SDS sheets needs to be stored in accessible business manuals as well as wherever the products are stored and used. So let me repeat that, you need those SDS on any product you use, whether it is a cleaning product, or a shampoo or conditioner, and anything that you use in your facility. They need to be an accessible business manuals, as well wherever the products are stored and used.

Onto shampoos and other topical products that we use on the pets, Any product used or exposed to during the work day that requires prescription medication to treat as an allergic reaction is recordable as an injury, whether it's instantaneous or occurs hours afterwards, An example. You got a new shampoo and conditioner combo and your bathers using it. If they have an immediate reaction, you record immediately. But even if they have a reaction hours later after they're home, that is still work related injury.

I want to discuss what is a SDS and the difference between that and full ingredient listing? Full ingredient listing list everything that is on the product. If it's in the bottle, it is on the label, it is not the same thing as an SDS sheet. An SDS sheet only lists what is a known hazard for people. Not even for pets, we're not even going there. Just known hazards for people. There are people who have an allergic reaction to hydrolyzed Whey Protein Protein, Its not common, only a small portion of the population has it. But if it's not on the label, you won't know it's in the product. It won't be on the SDS sheets, because it's not a known hazard. An SDS sheet will list the following:

* Product company and identification
* How do you contact this company in the event have a problem with the product?
* Identify any of the hazards in the in the product and what type of hazards they are.
* Chemical information meaning the composition.
* First Aid measures.
* Firefighting measures.
* What happens if it's released as a gas?
* Handling and storage,
* Exposure.
* Personal protection.
* Physical and chemical properties.
* Stability and reactivity.
* Toxicology information.
* Ecological disposal considerations.
* Transport information.
* Regulatory information, anything else they deem important.

But it is not a full ingredient listing.

Injuries that can manifest from products can include redness, itching, or swelling, rashes and other skin irritations burns, changes in skin pigmentation, scarring or permanent disfigurement, loss of hair, eye infections, allergic reactions, lung damage, analphyatic shock, impact immune related disorders. Remember, those pre-existing conditions made worse by the work environment is workman's compensation.

Even if the product is normally safe, but because somebody has a medical condition, that product impacted their health, that's workman's comp. topical products can exacerbate skin conditions such as eczema. You will need to provide cotton lined rubber gloves that go past the elbows. You can source those easily on Amazon. Then there's just simply product causing dry skin. It's painful and may progress to the point that a dermatology visit may be in order. But hydration and lotions may help and applying lotion to damp skin is better than applying to dry. They just simply works better.

Aroma therapy comes in two forms: essential oil or chemical base and both smell wonderful, but can cause inhalation allergic reactions. Me personally, the chemical based and tea tree essential oils give me problems. And my simple solution is to avoid those and everything else from me is good, but be aware of that.

Sanitation. If nothing else, a pandemic has really driven home how important good sanitation procedures are. And there are several ways in which poor sanitation can be a problem. The first is zoonotics. That's something you catch from a pet in your care. Rabies. Leptospirosis and Ringworm are probably the big three. But many fungal and bacterial bacteria are zoonotic in nature, rabies is deadly. And most people will not even know they have rabies until it's too late. Even the pet may not yet be symptomatic in your care. Requiring and receiving a copy of the up to date rabies certificate is your best defense. And because I was lax on this early in my career, I had to get the rabies series.

I got a call from the Department of Health, a cat I grew two days prior tested positive for rabies. So let me tell you all about the rabies series. You get to go to the emergency room because doctors don't carry it. It has a shelf life and it's very expensive, where you wait for hours because you're not a true emergency. Then Doogie Howser walks in and tells you to drop your pants because the first shot is in your butt. Literally I told him to stop messing around and I bet your dad is pissed he was wearing his lab coat, Swear he looked 12. Then you get to come back every other week for eight weeks so they can give you alternating shots and your arm.

Leptospirosis is either a problem in your area or it isn't Talk to your veterinarian regarding the number of cases and do they recommend you requiring the lepto vaccine. And then there's ringworm which is actually a fungus. 10% bleach solutions or antifungal products will usually we will remove it from surfaces. If you wear rubber bracelets, you're going to want to disinfect that as well. Fungus loves rubber.

And now the second are contagions. That's something passed between people, such as you guessed it, COVID flu, any virus or bacteria floating around in the air and landing on surfaces. In the workbook there are links in the resource slide regarding some more information on this. Suggested methods of disinfecting/sanitizing options:

* Quats or Quaternary Ammonium Disinfecants are broad spectrum and kill just about everything. Dakil would be an example
* 10% bleach kills everything and it requires a contact time of 10 minutes and in must be rinsed with water. Also bleach degrades it degrades at room temperature and after six months is basically half strength
* 2% chlorohexidine.

You should be alternating these three categories of disinfectant so that you don't miss anything nasties or have something becoming resistant. You want to follow the manufacturer's directions on the bottle.

* Fresh air circulation.
* There are spray disinfectants such as Lysol, which by the way does not kill Parvo. Microban is another. 70 percent Rubbing Alcohol. It is only moderately effective against calicivirus, cats,
* UV sanitizers and not all you be sanitizers are created equal, you are looking for u v. c. And while I resist naming products, I will in this case. Tool Kleen has an entire line of products that are suitable for shop house call and mobile.

You need some protective equipment. And that may include goggles and glasses, gloves, face mask, face shields, and thermometer (it's gonna be the first indicator of a viral or bacterial infection.) They make the little guns that that you put close to the forehead, they are fairly accurate.

Then we have to take into consideration the clients and what they touch: door handles pens, credit cards, leads, countertops and floors. Every state will have its own regulations and you will need to follow yours. But personally, I would pick whichever state has the hardest rules and follow those. Link in the resources in the workbook to find what your state OSHA regulations are regarding COVID. Google employees slash COVID slash your state. And the third is contamination and bacteria. So MRSA and STAPH is transmitted most frequently by direct skin to skin contact or contact with shared items or services, such as towels and tools that have come into contact with someone else's infected sites such as an open wound or cut. Animals with MRSA or Staph can also transfer the infection to people who frequently handle them. So that's not reusing towels or sharing of smocks.

Then there is what is called post grooming furnunculosis which is a deep bacterial folliculitis affecting pets from contaminated shampoo. But it can also cause furnunculosis in people as well. People would compromised immune systems will be more susceptible, but anyone with open pores or cuts can suffer from this as well. Fix here is easy. Do not keep premixed shampoos and conditioners for more than 24 hours. And when you mix make sure the bottle is clean and dry first. So this concludes Part Two. When we get to the end when we get to the last session of that I will put up a test and the requirements to get the certification