

Nail Salon Workers

Understanding toxicants in nail salons and how you can minimize your exposure



Additional Resources

Learn more about the chemicals in your everyday products and environment:

The Environmental Working Group: www.ewg.org

Explore our website:
www.seed-program.org

Contact & Follow us:
SEED@hsph.harvard.edu
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How can I minimize my exposure?



- Replace nail polish, personal care products, and cleaning supplies with non-toxic items
- Use nitrile gloves without EDCs (typically listed as DEHP)
- Wear a mask and increase airflow in the workspace
- Do not use perfume or products with fragrance (e.g., candles and fresheners)
- Wash hands before eating and after handling electronics (e.g., nail salon equipment)
- Limit consumption of fast foods and takeout; avoid single-use plastics
- Look for these labels:



EDCs

Endocrine-disrupting chemicals (EDCs) interrupt normal hormonal activity by mimicking, blocking, or altering hormones and changing the way that they function in the body.

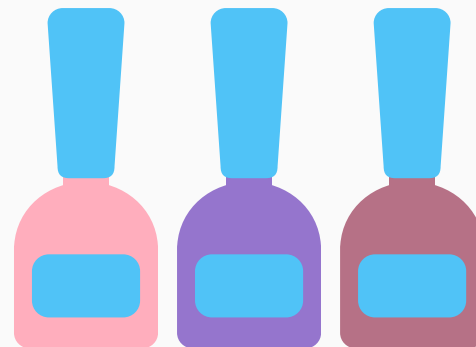
EDCs include phthalates, phenols, per- and polyfluoroalkyl substances (PFAS), and other toxicants. Some EDCs are rapidly removed from the body, while others can remain in the body for a long time. Most people are exposed to multiple EDCs daily, allowing these chemicals to remain at harmful concentrations.



These chemicals are harmful

Current research suggests that EDCs, including PFAS, lead to adverse health effects. These chemicals can:

- ✗ Increase risk of reproductive disorders and adverse birth outcomes
- ✗ Impair neurodevelopment
- ✗ Alter immune function
- ✗ Increase cancers risk
- ✗ Alter metabolic function



Nail salon workers are exposed to many hazards, including EDCs.

Workers are exposed when inhaling nail polish fumes and handling nail care products.

Additional exposure to EDCs is possible during routine activities.

Minimizing exposure to EDCs during your reproductive years is especially important!

EDCs are in nail salon products



Nail polish and nail polish remover, including acrylics



Polyvinyl chloride gloves (nitrile rubber gloves are ok)



Personal care products (e.g., hand lotion and soaps), dental products, and cosmetics



Fragrance, including perfume, scented lotions, air fresheners, and candles



Cleaning products, dust, and electronic devices



Takeout containers, plastic packaging, canned foods and beverages (single-use plastic)