



Dear Hairdresser:

The following questionnaire aims to assess and evaluate health protection and sustainability measures in your hairdressing salon. We need your participation to offer you and your colleague's appropriate support to increase your wellbeing and your business sustainability in order to reach human, social and economic profits.

Your answers will be analyzed anonymously.

The questionnaire is separated into five parts (A-E):

- A: General questions. Just to create a statistic data base.**
- B: Questions about Health and Safety in your professional activity. We'll focus on chemicals, the use of gloves and ergonomic risks.**
- C: Questions about prevention management and evaluation of occupational hazards.**
- D: Questions about how sustainable is your salon. We'll focus on energy consumption and recycling.**
- E: Questions about your training demands.**

Please read the questions carefully, fill it in and send it.

Thank you very much for your collaboration.

This project has been funded with support from the European Commission. This publication [communication] reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

A) General Questions

Salon Address (city and country) _____

Female Male Age _____

How long have you worked as a hairdresser (including vocational training)?

What kind of position do you have in your salon?

How many staff members work in your salon (including salon owner, full or part time employees, assistances, trainees)?

Which activities are done by yourself on customers?	Never	Frequently	Some times
RECEPTION			
ADVICE			
SHAMPOOING AND RISING			
CUTTING			
BLOW DRYING			
COLOURING			
STRENGTHENING AND PERMING			
STYLING			
MANICURE AND PEDICURE			
Have you ever suffer from of the following symptoms?	Never	Frequently	Some times
RESPIRATORY ALLERGIES			
CONTACT DERMATITIS , ECZEMA			
ITCH IN EYES AND THROAT			
BACK AND NECK PAIN			
JOINT PROBLEMS (ELBOW, WRIST, KNEE , HIP ...)			
HEADACHES			
DIZZINESS AND NAUSEA			
SWELLING ANKLES AND LEGS			

B) Questions about Health and Safety in your working day.

B.1: CHEMICAL RISKS

LEVEL 1

Which of the following opinions related with chemicals and cosmetics do you agree with?	Agree	Partly Agree	Disagree
Cosmetics are safe. Otherwise, they would be banned.			
Natural cosmetic is a marketing campaign to increase its price.			
Cosmetics can cause problems but only to people who previously have allergies.			
We are overexposed to chemicals and should avoid them as much as possible.			
Usually, the presence of chemicals in the hair salon doesn't affect hairdresser's health.			
Some of the chemical compounds of cosmetics can cause allergies, cancer and other diseases.			

LEVEL 2

Which statements apply to your salon?	YES	SOME TIMES	NO
Powder for bleaching are used.			
There is a separate place to prepare or mix colour, tints and perms.			
Metal tools (scissors, razor ...) are nickel free.			
There are local extraction systems in specific working areas where there is a high risk of chemicals exposure (such as colouring, bleaching, perming, artificial nails...)			
There is a general extraction ventilation system (do not confuse ventilation with air conditioning)			
Suitable gloves are available for working			
Natural and hypoallergenic cosmetics are used.			
Suitable gloves are available for working.			
All products are properly labelled and workers are urged to read and respect them.			
Surfaces in the salon are cleaned and disinfected using a PH Neutral solution product			

LEVEL 3

Do you know that...?	YES	NO
Research shows that the first symptoms of respiratory allergies appear after 5.3 years of exposure.		
Research shows that 51% of hairdressers suffer from occupational asthma.		
Persulfate salts included in the bleaches are the cause of 87% of asthma in hairdressers.		
Research shows that 36% of hairdressers suffer from contact dermatitis.		
There are more than 12 ingredients considered to be toxic and harmful to health, in shampoos and conditioners.		
Hairdressing profession is regarded nationally and internationally as dangerous work situation for its high exposure to chemicals.		
Most of colouring are compound by colourant bases (eg. P-Fenialindamina), a modifier (resorcinol, hydroquinone) and an oxidizing agent (hydrogen peroxide). All these ingredients are scientifically classified as sensitizers and potentially carcinogenic and mutagenic.		
Ventilation in a hairdressing salon should ensure an air renewal of 100m ³ per hour, per person.		
Parabens, paraffin, phthalates, formaldehyde and polyethylene glycol (PEG) are the major toxic ingredients in cosmetics industry.		

B.2: THE USE OF GLOVES.

LEVEL 1

Please evaluate the following statements concerning the use of gloves in your hair salon.	Agree	Partly Agree	Disagree
The gloves limit feeling sensitivity so that I avoid them as much as I can.			
Using gloves is a problem for me due to the time I spend in putting them on and taking them off depending on the different works.			
Wearing gloves is well accepted by the customers			
Ordinary use of gloves causes sweating hands and skin allergies.			
Wearing gloves is well accepted by the salon owner			
The gloves protect against chemicals in hairdressing products and they are essential for my protection.			
Single used gloves are expensive and they break and tear easily. Therefore I use gloves for domestic application (thick, reusable).			

LEVEL 2

For which of the following activities do you use protective gloves?	Score
Haircut (wet, permed and/or coloured hair)	
Hair: colouring, tinting, bleaching, extensions, highlights	
Washing and rinsing hair	
Hairstraightening and Perms	
Disinfection of the workplace, tools and equipment (i.e. chairs, tables, brushes, combs)	
Styling	
Head massage	
Beard and moustache shaving	
Manicures and pedicures	

LEVEL 3



What kind of skin protective measures are implemented in your salon?	YES	SOME TIMES	NO
Protective gloves in different sizes and for different tasks.			
Latex gloves			
300 mm length Vinyl, Nitrile gloves to protect forearms			
Training for taking off gloves			
Forbidding wearing jewelry in hands and wrists while working			
Frequent use of protective creams and lotions			
Wearing gloves for cleansing and disinfection activities (thick, reusable)			

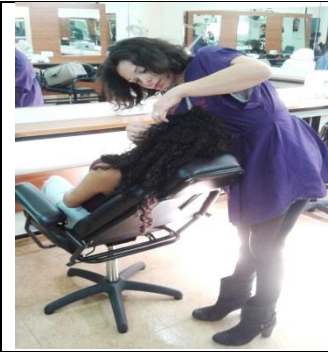
B.3: ERGONOMIC RISKS

LEVEL 1

Please evaluate the following statements concerning the ergonomics in your hair salon.	Agree	Partially Agree	Disagree
Work Environment (lighting, temperature, noise ...) affects workers 'safety and / or health.			
Standing work can be extended for several hours as long as the weight is distributed evenly between both legs			
Ergonomic furniture in the workplace adjustable chairs, stools, and wash basins can help prevent the muscular skeletal problems.			
Stress, rush and workload are part of the work in a Hair and Beauty Salon and you should accept it.			
Ergonomic shoes can prevent circulatory problems			
The discomfort in joints and limbs by repetition of moves is usual and you can't help it.			

LEVEL 2

Observe carefully the photographs and indicate in which of the following images the ergonomics are correct.	YES	NO
		
		



Green
Salon

LEVEL 3

What of the following preventive measures against physical and mental burden are performed in your salon?	YES	SOME TIMES	NO
The tasks and functions carried out are well defined and planned in time.			
Working hours and work breaks are suitable for rest.			
There is enough work space and everything you need to work is accessible and comfortable.			
Training and information about postural hygiene is promoted.			
There is rotation in the working places to avoid the repetitive works.			
Performing the usual breaks are encouraged to do stretching exercises and muscle relaxation.			
Furniture and tools are ergonomically designed and adapted to the anatomical characteristics of workers.			
The work environment is quiet, bright, clean, neat and air-conditioned			



C) QUESTIONS ABOUT PREVENTION MANAGEMENT AND EVALUATION OF OCCUPATIONAL HAZARDS.

LEVEL 1

Do you agree with the following statements regarding the occupational risk assessment?	Agree	Partially Agree	Disagree
Risk assessment is a legal obligation that only serves to unnecessary spenditure's.			20
Working conditions in the profession hardly change and therefore my plan for prevention of occupational hazards is always the same.			20
I know perfectly my profession and its risks and do not need a plan of prevention.	-100	-50	20
The plan of prevention is a very useful and practical instrument that has allowed me to improve the prevention and protection against occupational hazards.	40	10	

LEVEL 2

Which of the following areas or activities are analyzed in the Prevention Plan of your business?	YES	DO NOT KNOW	NO
Furniture, tools, instruments and equipments.	15		
Working hours, breaks and work planning.	10		
Local conditions (flooring, stairs, electrical installation, ventilation, lighting, temperature, noise...)	10		
Chemical products.	15		-15
Working postures / ergonomics.	15		-15
Worker training and information.	10		-10
Tasks or activities (hair washing, cutting, manicures, colouring...)	15		-15
Security and customer's protection			10

LEVEL 3

Which of the following situations happens in your Salon?	YES	SOME TIMES	NO
Active and personal participation in the development and implementation of the Prevention Plan of your salon.	10	5	
Preventive subjects are dealt in the work meetings.	10	5	
Specific researches are made relative to risk situations that require deepening information (workers with atopic skin, with circulatory problems, pregnant...)	20	10	
The Prevention Plan is reviewed periodically.	20		
Workers receive training and real and continuous information on occupational hazards and prevention measures.	20		
The management promotes preventive culture and shows interest in prevention through concrete and frequent performances (attending courses, I + D + I, periodic medical examinations, promoting healthy lifestyles ...)	20	10	

D) QUESTIONS ABOUT THE SUSTAINABILITY OF YOUR BUSINESS

D.1: CONSUMPTION

LEVEL 1

Which of the following conditions are presented in your Salon?	YES	NO	IN SOME AREAS OR OCCASIONS
1.-There are large windows that let in natural light.			
2. - Water flow meters and flow restrictors are installed in wash stations.			
3.-Do you unplug or disconnect devices when they are in standby mode?			
4.-Do you use lukewarm water rather than hot in wash stations?			
5.-Do you use full load and cold wash programs in your laundry?			
6.-Air conditioning or heating systems are used			

LEVEL 2

WHICH LIGHTS DO YOU USE IN YOUR SALON?	 <p>ENERGY-SAVING LIGHTS</p>	 <p>LEDS</p>	 <p>LIGHT BULBS</p>
WHAT SYSTEM IS USED TO HEAT THE WATER?	 <p>HEATER TANK</p>	 <p>INSTANT ELECTRIC HEATER</p>	 <p>GAS HEATER</p>
WHAT ARE YOUR TAPS IN WASH STATION?	 <p>ORDINARY TAP</p>	 <p>TAP SHOWER</p>	 <p>TAP AERATOR</p>

WHAT KIND OF TOWELS ARE USED IN YOUR SALON?	 COTTON TOWELS	 DISPOSABLE TOWELS	 BAMBOO TOWELS
HOW DO YOU MAKE YOUR LAUNDRY?	 WASHER AND DRYER	 WASHER AND AIR DRY	 PROFESSIONAL LAUNDRY
HOW ARE THE TOOLS RELATING TO CONSUMPTION?	 CONVENTIONAL CONSUMPTION	 AUTO OFF SYSTEM	 LOW CONSUMPTION AND SILENT

LEVEL 3

Which of the following situations apply in your Salon?	YES	NO
1.- The energy supplying is Green Energy		
2.- We use rainwater for toilets and cleaning		
3.-There are solar panels to heat the water.		
4.-There are solar air conditioners.		
5.-We have lighting with motion sensors in toilets and hallways.		
6.-Do you have installed faucets with flow retention until the water reaches the set temperature?		

D.2: RECYCLING AND ENVIRONMENT

LEVEL 1

Which of the following actions are made in your Salon	YES	IN SOME AREAS OR OCCASIONS	NO
1. - Do you classify and separate waste to recycle?			
2. - Do you have an ongoing training plan for staff in environmental matters?			
3. - Do you offer digital magazines and digital media to the customers?			
4.-Do you reuse the waste packaging for other uses?			
5.- Are there natural plants in the salon?			

LEVEL 2

Which of the following situations apply in your Salon?	YES	NO	IN SOME AREAS OR OCCASIONS
1.-Use of biodegradable shampoos bottles and masks.			
2.-Use of few cleaning products.			
3. - Do you get rid of chemical residues and packaging in specific containers?			
4.-Do you buy products with biodegradable packaging?			
5.-Waxed high light or easy meche are used instead of aluminum foils for colouring.			

LEVEL 3

Which of the following situations apply to your Salon?	YES	NO	IN SOME AREAS OR OCCASIONS
1. Do you buy from local manufacturers and providers?			
2. Have you considered using photocatalytic paint in your Salon?			
3. Are your professional tools and accessories made of bioplastic materials?			
4. Do you reuse the water from the washing station for the WC?			
5. Do you use natural cosmetics and certified organic products?			

E) TRAINING DEMANDS

Related with health, safety and sustainability in your Hairdressing Salon.	Yes	NO
1-Toxic ingredients in cosmetics and how to identify them.		
2- Selection and use of appropriate protective gloves.		
3- Suppliers of natural cosmetics		
4- Ergonomics: Prevention and equipment		
5- Ventilation systems and localized extraction		
6-Recycling and reuse of products and equipment in hairdressing		
7- Green energy: Advantages, suppliers and installation		
8- Hairdresser diseases: Symptoms, origin and prevention		
9- Opening and Managing a sustainable hairdressing salon		
10- Certification and eco-labeling. Meaning, requirements and procedures.		
11- Others:		

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