

Future Skills & Sustainable Development in the Green Salon

- Bridgwater College

Ergonomics

How it effects

Hairdressers



Erasmus+

Definition of Ergonomics



The applied science of equipment design, as for the workplace, intended to maximize productivity by reducing operator fatigue and discomfort.



Erasmus+



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Examples repetitive, static, and strain movements





Arms

fingers

Wrist



shoulders

wrist

Back

Hands



Wrist

Fingers

Musculoskeletal Disorders (MSD)

- Shoulders, elbows, wrist/hands (upper limbs)
- Knees (lower limbs)
- Neck or and back



Where do they affect

- Tendons - tendinitis
- Veins - varicose veins
- Nerves – carpal tunnel (compression of the nerve endings usually wrist)
- Muscle – strain pains cramps stiffness (neck, back, arms)
- Bursa – Inflammation of big joints such as shoulders, hips and knees

Risk for Hairdressers

- Approximately 40% state that they suffer from problems with their neck
- Approximately 30% suffer from back complaints

What we need to know.....

What are we doing?.....

How long do hairdressers stand for?

How heavy are the tools we use are they in good working order?

What posture do hairdressers adopt?

Pain is usually gradually but if not dealt with early could develop into a life long problem.

These things can be prevented by changing habits and Educating.

Teaching the new generation

Shoes

Should be comfortable

Supple but firm

Close toes

Not too high max 3cm

Insulating but moisture

repellent

No slip soles

Clothing

Comfortable

Cotton preferably

Not too tight

Not too loose

Embedding into the curriculum

- Health and safety
- Organisation skills while working
- Tools to use
- Setting up for the day
- Healthy posture
- breaks



Healthy working positions

- Washing hair
- Cutting
- Styling hair
- Colouring
- Perming



Moving forward

Teaching the younger and educating the older

- Light weight Hairdryers
- Adjustable wash basins
- All student have use of stools
- Ergonomic scissors
- Brushes the correct size
- Clippers light weight and wireless

Thanks for listening

- Any Questions?

