

TAKING CARE OF YOUR HOME SEWAGE DISPOSAL SYSTEM

HAIR STYLISTS, ESTHETICIANS AND BARBERS



Hair stylists, estheticians and barbers use many chemicals every day – including shampoos, nail polish, and equipment disinfectants. If not handled properly, some of these substances can be dangerous for the environment. Selecting materials that are less harmful to the environment helps protect

you and your clients. Another way to help the environment, protect your health and save money is to generate less waste in your salon. Every “waste” represents a lost resource. Examining your current practices and making slight changes can often help you save both money and time. This checklist outlines some

best management practices for your cosmetology business. It is designed to help you identify opportunities to be more efficient and also more environmentally responsible. Most of the practices mentioned below are not expensive or complicated to

SELF-ASSESSMENT OF YOUR BUSINESS:

Use this checklist to keep track of your progress. Start by checking the first column of boxes for the items that you are currently doing, crossing out the ones that don't apply, and using a highlighter to mark the suggestions that you might

adopt. Come back in six months or so and see how your operation has changed. When you go through the checklist the second time (using the second column of boxes) you might also be able to pinpoint where changes have saved you time or money.

Date of 1st Self-Assessment

Date of 6-month Follow-up

CHECKLIST

PURCHASING

Do you:

- Buy environmentally friendly products (such as henna/vegetable dyes, shampoo with no artificial scents or colours)? (see box)
- Ask suppliers for less toxic products (such as enzyme-based alternatives to ammonia perm solutions and hydrogen peroxide)?



The Environmental Choice Program can help you to identify products and services that are less harmful to the environment. Products must meet strict environmental standards before they can be marked with the Ecologo label. Refer to www.ecologo.org for more information. A similar program, Green Seal, is for products made in the U.S. – refer to www.greenseal.org

- Look for products with a long shelf life and write the date that all time-sensitive products, such as perm chemicals, were received?
- Avoid using disposable materials (e.g., use reusable gloves, metal files rather than emery boards, reusable containers to mix pre-lighteners and dyes, etc.)?
- Purchase all-natural products when disposables are unavoidable, as available, so they can be composted after use?

- Use gels, lotions, or pump dispensers rather than aerosols and purchase low-VOCy formulations when aerosols are needed?
- Use separate cleaners and disinfectants, and avoid anti-bacterial soaps?
- Purchase concentrated products when available?
- Buy supplies in bulk (shampoo, gel, etc.), decant or dilute on site, and avoid small retail size or single-use containers?
- Have a Material Safety Data Sheet for every product that you use or sell?

USE OF PRODUCTS

Do you:

- Manage your inventory using a “first-in, first-out” approach?
- Tightly close all containers to minimize evaporation and reduce chance of spills?
- Follow recommended storage procedures for chemicals, including keeping incompatible materials separate?
- Use funnels and drip trays when transferring material?
- Immediately label all containers after decanting from bulk?

REDUCING WASTE

Do you:

- Mix or decant only enough product as needed for immediate use?
- Use drip pans to catch and reapply perm solutions, bleach, etc.?
- Use black (or other dark-coloured) drapes and towels for dye/tint jobs (to reduce the need for bleach when washing up)?

- Purchase products in containers that can be recycled in your area, and tell your supplier(s) of this preference?
- Recycle as much as possible (e.g., unused foil wrappers that cannot be reused, chemical containers that have been well-rinsed)?
- Use up and reuse what you can, and give away or sell what you cannot?
- Maximize dry wipe and cleanup before using wash down cleaning?
- Periodically look for ways to reduce the amount of waste produced by your business?

CONSERVING WATER

Do you:

- Only run water when necessary (e.g., turn off water while lathering a client’s hair)?
- Repair leaking faucets and pipes immediately?
- Have low-flow devices in all faucets (such as aerators) and toilets?

NOTE:

On-site septic systems are designed to treat and dispose of sewage. Lack of maintenance, overuse of the system, and/or disposal of toxic wastes can all result in system malfunction or environmental contamination, requiring costly repairs.

IF YOU HAVE A SEPTIC SYSTEM

Do you:

- Spread water use over time (e.g., don't do all your laundry on one day)?
- Reduce what goes down the drain by discarding excess product (or saving it for later use, when possible) before washing pots/tubs/bowls in sink?
- Dilute the effect of equipment disinfectant (such as Barbicide®) on the septic system by disposing of it at a Municipal Household Hazardous waste depot?
- Have a drain filter at each sink?
- Avoid using flush-activated toilet bowl tablets or cleaners (these often contain excessive amounts of bleach)?
- Use only liquid laundry detergent?
- Have a lint filter on each washing machine? Add-on lint filters can be purchased if the washing machine does not have one.
- Have the septic tank pumped out at least every three years (and have the amount of solids in the tank checked after two years)?
- BONUS: Have an effluent filter on your septic tank?

MANAGING WASTE

Do you:

- Have your recycling and compost containers easily accessible and clearly marked?
- Compost as much as possible (e.g., wooden dowels, pure cotton pads/toe separators and paper neck cloths)?
- Find alternatives for disposal of hair sweepings? (Can compost if not too many chemicals on it.)

- Make sure that dangerous wastes are not discarded down the drain or onto the ground?

NOTE:

Toxic chemicals may damage plumbing, kill off the beneficial bacteria that are used in water treatment (including in septic systems), and/or contaminate ground-water or surface water. Hazardous or dangerous wastes should never be discarded down the drain.

CONSERVING ENERGY

Do you:

- Turn off lights and equipment when not in use (e.g., overnight)?
- Lower thermostat settings at night and on holidays to at least 17°C (and not below 26.5°C in summer, if using A/C)?
- Ensure that furniture and equipment are not placed adjacent to heating/cooling sources inside rooms (so they don't block the air flow)?
- Use warm or cool water when washing drapes/ towels?
- Always run equipment (such as washing machines) at full load?
- Empty your dryer's lint trap after every load?
- Properly maintain all equipment (including heating and ventilation) for optimum efficiency?
- Insulate all hot/chilled water tanks, pipes, boilers, & air handling ducts, as applicable?
- Have energy efficient lighting throughout work areas and outdoors? (compact fluorescent bulbs for task lighting, LED exit signs, etc.)

- Use ceiling fans instead of A/C? (A 60 watt fan costs less than \$1/month; most room A/Cs cost \$90/month)

- Purchase certified energy efficient products (e.g., EcoLogo or Energy Star) when replacing equipment? (New equipment can use less than half as much electricity as those 10 years old.)

NOTE:

Conserve Nova Scotia has information about energy efficiency (including rebates) and water conservation, at 1-800-670-4636, 902-424-0790, and www.conservens.ca

HEALTH AND SAFETY

Do you:

- Wear supportive footwear or stand on an anti-fatigue pad?
- Have sufficient ventilation (6-10 air exchanges per hour), and never notice product odours when the salon is opened in the morning?
- Always wear gloves when handling chemicals (dyes, lighteners, perms, neutralizers, etc)?
- Place all sharps (e.g., credo blades) in a special sharps container?

NOTE:

Free Safe Sharps containers are available from your pharmacy or the Canadian Diabetes Assoc. Supply Centre (and full ones can be returned to your local pharmacy).

CHECKLIST CONTINUED...

IN THE OFFICE

Do you:

- Limit junk mail? You can have your name removed from mailing lists by choosing the "Do Not Contact Service" option at www.the-cma.org
- Set your computer monitor(s) to "sleep" (i.e., power down) after 5-10 minutes of inactivity?
- Use paper products with high post-consumer recycled content, and print on both sides?
- Plug equipment into a power strip and turn the strip off at night and on weekends, or unplug these devices when not in use?

BONUS BEST MANAGEMENT PRACTICES

Do you:

- Periodically ask your suppliers to eliminate, reduce, or reuse packaging?
- Have direct-vent equipment to the outdoors at all perm and artificial nail station(s), when possible?
- Offer and promote a line of organic, all-natural, and/or locally-made products, when available?
- Have reusable cutlery and cups/mugs for client beverages (if applicable) instead of disposables?
- Offer your clients organic or fair trade tea & coffee?
- Use a programmable thermostat?
- Make optimum use of natural lighting?
- Take advantage of solar heat?
 - in winter: open curtains during day; close to retain heat at dusk
 - in summer: shade south/west exposure with curtain, awning, or tree(s); shade air conditioner(s) with tree(s)
 - use double-glazed windows with reflective film
- Have low maintenance landscaping?
- Periodically ask your suppliers to accept leftover or expired material and empty containers?
- Use biodiesel for heating oil (if applicable)?

CONGRATULATIONS!!

Go ahead and promote your efforts. Your customers will appreciate the efforts to protect their health, your environmental focus, and the lower costs that result from your improved efficiency!

Consider requesting an energy audit. Energy efficiency costs can often be recouped within a few years. Your salon could reduce its greenhouse gas emissions by up to 30%, and you may receive rebates as well

FOR ADDITIONAL INFORMATION, SEE:

Dalhousie University Eco-Efficiency Centre. Fact Sheet: *Eco-Efficiency in Hair and Beauty Salons*. http://eco-efficiency.management.dal.ca/Files/Business_Fact_Sheets/Beauty_salons_FS1.pdf

NS Environment, Waste Resource Management. <http://www.gov.ns.ca/nse/waste/> (link to Pollution Prevention information along left column)

THIS CHECKLIST

provides general advice on pollution prevention opportunities. It does not provide information on how to comply with the provisions of the *Cosmetology Act, Environment Act, Health Protection Act, Registered Barbers Act*, or any regulations that may apply to these types of businesses Nova Scotia. This checklist is not intended to replace reading the applicable acts and regulations or seeking advice from a lawyer or environmental expert.

CONTACTS

For Additional Information, see:
NS Environment, Waste Resource Management.
<http://www.gov.ns.ca/nse/waste/> (link to Pollution Prevention information along left column)

