



SKIN LAB MEDICAL
— ACADEMY —



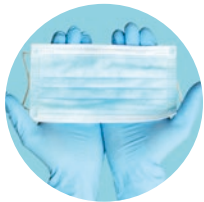
Carbon Laser

Table Of Contents



Introduction

04



Health & Safety

05



Anatomy & Physiology

16



What is Carbon Laser Facial?

29



Fitzpatrick classification scale

30



Client Consultation

33

Patch Test 39

Treatment Protocol 40

Aftercare 41



Your Name:

Welcome to your course!

Aim:

To enable student practitioners to have the necessary skills and knowledge (anatomy and physiology, Health and Safety, the Consultation process and the legal requirements) to carry out the procedure in a professional and competent manner to the highest possible standard.

Objective:

That on completion of the course all students/practitioners will be competent and professional in relation to the procedure and be able to perform at the highest standard to ensure that clients receive the best possible advice and treatment and they will be confident to recommend you and your services to others.

HEALTH & SAFETY



Management of Health and Safety at Work regulations (1999)

It is the responsibility of the employer to make formal arrangements for maintaining and improving safe working conditions and practices. This includes any training and risk assessments.

Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (1995)

Employers should report any such cases to the HSE Incident Contact Centre. This includes loss of sight, amputation, fracture and electric shock. In all cases where a personal injury of any type occurs, it should be recorded in an accident book.

Health and Safety (First Aid) Regulations (1981)

Whatever the size of your business, you should always make sure you have a First Aid kit on site, as well as an eyewash bottle. You should ensure this is fully stocked at all times. You should have at least one 'Appointed Person' on hand to take charge in an emergency who holds an HSE-approved basic first aid qualification. You can contact the HSE on 0845 345 0055 for a list of suitable training providers.

Manual Handling Operations Regulations (1992)

This is relevant wherever manual lifting occurs to prevent skeletal and muscular disorders. The employer should undertake a risk assessment for all activities involving manual lifting.

Health and Safety (Display Screen Equipment) Regulations (1992)

This covers the use of display screens and computer screens. This specifies the acceptable levels of radiation emissions from the screen, as well as identifying the correct posture and the number of rest periods.

Provision and Use of Work Equipment Regulations (1998)

This states the duties for any users of equipment. It identifies the requirements in selecting and maintaining suitable equipment, as well as the training and safe use of it.

The Personal Protective Equipment (PPE) At Work Regulations (2002)

This requires employers to identify activities which require special protective clothing, which must then be made available.

Cosmetic Products (Safety) Regulations (2008)

These regulations require that cosmetics and toiletries are safe for their intended purpose and comply with labelling requirements.

The Regulatory Reform (Fire Safety) Order (2005)

All premises must have adequate means of dealing with a fire and all members of staff should know where these are. This can include fire extinguishers and blankets; however, you should only operate a fire extinguisher if you have been properly trained to do so. All equipment should be checked and maintained regularly.

Fire Drill notices should be clearly displayed and should inform people of what to do in case of a fire. All staff should be trained in the location of alarms, exits and meeting points.

Electricity at Work Regulations (1989)

Electrical items are potentially hazardous and should be used and maintained properly. You should always ensure that you are fully trained on a piece of equipment before operating it. All electrical equipment should be regularly PAT tested to ensure it is safe to use. If any equipment is deemed to be faulty or unsafe, you should stop using it immediately and report the problem. Make sure the equipment is clearly marked as faulty until the problem has been corrected to avoid it being used by other members of staff.

Laser Health and Safety

Room

Should be free from as many reflective surfaces as possible, such as mirrors, metal, windows and shiny surfaces. The room should have adequate lighting and ventilation. Lasers have the ability to heat rooms fast, when the machine becomes too warm, they often switch off to allow them time to cool down. Proper ventilation in the room allows for air circulation.

The door must have the ability to be locked from the inside to prevent people from walking in during treatments. There should also be a laser warning sign on the door.

Machine

Laser machines are dangerous in the wrong hands. All devices are operated with a key. It is good practice to keep laser keys locked away in a secure cabinet and signed out by the operator before each use and signed back in at the end of the treatment.

A record of shots should be recorded at the start and end of each treatment with the client number and date by the record as well as the therapist's name. Do not use the client's name as this will break client data protection. This keeps control of how many shots the machine has used and by whom. You should also keep shot numbers used recorded on the client form.

Your machine will have a number of shots on each lamp on the handpiece. Once these shots have been used, the machine often stops working until the lamp is replaced. The machine if it doesn't have an override mechanism will lose power after all the shots have been used, this will result in a treatment not being consistent or effective.

On IPL machines the Glass heads should be checked prior to starting the treatment to ensure there are no cracks or chips. These chips can cause excessive energy to flow through them or cause light to refract from the area intended. Filters should be checked for breaks or burn marks in them as this can cause burns on the skin.

Machines should be maintained, and PAT tested every 12 months and full-service records should be kept.

Eye Protection

Both client and therapist should wear protective eyewear during the procedure to prevent damage to the eye from reflected or scattered light.

Fire Protection

An adequate and regularly tested fire extinguisher should be available directly outside the room along with a fire evacuation plan.

Patch Testing

Patch testing is essential 48 hours prior to laser treatment to assess the client's skin and determine tolerance and reaction. It gives the client the opportunity to experience laser and to determine treatment protocol and settings. Testing should be done to the manufacturer's instructions.

Control of Substances Hazardous to Health (COSHH)

COSHH regulations cover the essential requirements for controlling exposure to hazardous substances, and for protecting people who may be affected by them. You should carry out a COSHH assessment to identify all chemicals, products or other substances which could cause harm.

A substance is considered to be hazardous if it can cause harm to the body. It poses a risk if it is inhaled, ingested, in contact with the skin, absorbed through the skin, injected into the body or introduced to the body through cuts.

Always check the ingredients and instructions of all products to see what they contain and ensure they are stored properly. If the product could cause harm, it should be listed on your COSHH assessment, together with what the risk is and who is at risk from it.

Next, decide on the degree of risk and who to minimise that risk. If you can, try to replace high risk products with lower risk ones. Never leave chemicals identified as hazardous in areas accessible to the general public. Do not forget, COSHH substances include both those used for treatments and cleaning.

Local Government (Miscellaneous Provisions) Act (1982)

A special treatment license will be required if you carry out any form of massage, electrolysis or ear piercing and tattooing as they may produce blood and body tissue fluid. Each borough council in the UK has different requirements, so you should contact them to see whether they require you to hold a licence for the treatments you offer.

Consumer Protection Act (1987)

This Act aims to protect the customer from unsafe or defective services or products. All staff should be trained in using and maintaining products.

Sale and Supply of Goods Act (1994)

This states that goods must be as described and of satisfactory quality. They should be fit for purpose and safe for use. It is the responsibility of the retailer to correct a problem where the goods are not as described.

Trade Descriptions Acts (1968 and 1972)

These Acts prohibit the use of false descriptions of goods or services. Information must always be accurate, false comparisons must not be made and misleading price comparisons must not be made. A product may not be described as being of a 'reduced' price if it has not been available at the higher price for a minimum of 28 days.

Disability Discrimination Act (1996)

You should ensure that clients are not discriminated against on the grounds of disability. You cannot use this as a reason to refuse to provide a service, provide a service to a lesser standard or fail to make reasonable adjustments. The premises must be able to facilitate access for disabled people.

The Equality Act 2010 (EA) gives disabled people important rights of access to everyday services. Service providers have an obligation to make reasonable adjustments to premises or to the way they provide a service. Sometimes it just takes minor changes to make a service accessible. What is considered a reasonable adjustment for a large business such as a bank, may be different from what is a reasonable adjustment for a small local salon. It is about what is practical in the service provider's individual situation and what resources the business may have. They will not be required to make adjustments that are not reasonable because they are unaffordable or impractical.

Sterilisation and Disinfecting

Sterilisation: This is the complete destruction or removal of living organisms on an object. Micro-organisms (bacteria, viruses and fungi) may be destroyed by heat, chemical disinfectants and ultraviolet radiation. All tools must, however, be cleaned to remove grease before disinfection is to take place.

Autoclave: This is similar to a pressure cooker, with the water contained inside it reaching temperatures of 121 - 134 C. This is the most effective method for the sterilisation of tools within the salon.

Not all objects can safely be placed in an autoclave; check your tools can withstand the heating process. To avoid damage to the autoclave, distilled water must be used. Metal tools placed in the autoclave must be of a good quality to avoid rusting. Take care when removing tools from the autoclave -as they will be very hot.

Glass bead steriliser: Small glass beads are retained in a beaker and heated to a temperature of 190C. Tools are placed in these beads for 10 minutes. A disadvantage of glass bead steriliser is that it cannot hold large items.