



AP ACADEMY PRESENTS

Module 3 : **Lesson 1**

**Preventing Bacteria from
Entering the Body**

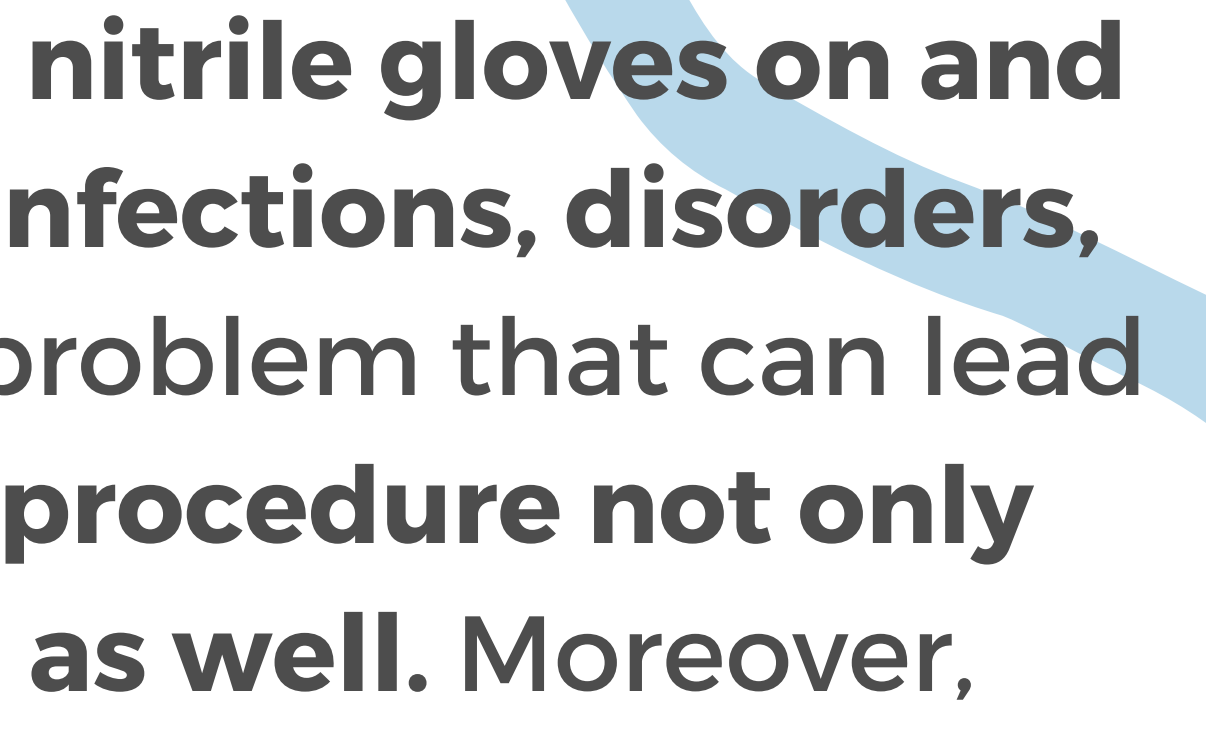


Bacteria are single-celled microorganisms that can be found almost anywhere. They're in the **dust, air, water, food, and our bodies**. But **not all bacteria are harmful** and cause disease. Some are **completely harmless** and can be found on or inside the body. These bacteria are referred to as **non-pathogenic**. However, the type of **bacteria that can lead to disease, harm, or death are called pathogenic bacteria**. It is the **pathogenic bacteria that concern us as beauty practitioners**.

Bacteria can enter the body through multiple channels. **Virtually any orifice, such as your mouth, eyes, nose, and ears can be a pathway for them to access your bloodstream.** In addition, breaks in the skin can also lead to infection. Before you begin any treatment, **ensure that you're wearing nitrile gloves on both of your hands. This material is particularly effective for protecting against dangerous virus and bloodborne pathogens.** Not only is nitrile stronger than latex, but it's made without the proteins found in latex that lead to allergic reactions.

Here are the sanitation steps we recommend following:

- 1. Using warm water, wash down any equipment** used during each treatment to remove any sugar residue. This includes treatment beds, countertops, sugar warmers, etc.
- 2. Spray treatment beds and countertops with CaviCide** and wipe them down to precleanse.
- 3. Spray again with CaviCide** and allow it to sit for 3 minutes to disinfect surfaces before wiping them dry.
- 4. For non-electrical reusable instruments, precleanse with CaviCide** and place them inside a sterilizer machine.
- 5. For electrical equipment** such as clippers, **disinfect as per the manufacturer's instructions.**



Before beginning any treatment, put your nitrile gloves on and inspect your client's skin for any visible infections, disorders, rashes, skin breaks – basically any sort of problem that can lead to skin infection or contamination. This procedure not only protects the client, but it protects you as well. Moreover, because bacteria can be airborne as much as bloodborne, you'll want to maintain a reasonable distance between you and your client.

Here are some important practices to prevent bacteria from entering the body:

- **Use the proper** pre- and post-epilation **procedures** for each client
- **Thoroughly wash your hands** with our Presept™ Skin Cleanser before and after for every client
- **For creams**, rather than using containers where you'll need to dip your fingers, **use tubes or jars with pumps or dispensers**
- If you see **any cuts, inflamed or broken skin, cover them with bandage**
- When **disposing of blood-contaminated materials, ensure that you use a double-wrapped plastic bag** to avoid accidental contact with anyone handling the garbage



In some cases, a client might have a life-threatening and highly contagious disease like HIV or Hepatitis B. Be careful while handling sharp instruments; puncture wounds are proven ways to spread these fatal diseases. To make matters worse, the client could have a primary infection which might take between 2 to 20 days for any visible signs or symptoms to show. Moreover, many skin infections in their early stages might present as less severe conditions. Yet, even the tiniest abrasion in your hand can be a pathway for bacterial transmission. This is yet another reason why you should always use caution and wear medical-grade nitrile gloves.



Finally, it should go without saying to **never reuse sugar paste on another client! It is extremely unsanitary.**