

## SVASTHYA PRABHAVA

- Salon mein aam swasthiya prabhav hai:
- Aankhon ki jalan, naak, galaa, mooh aur khansi aur saans ki takleef ke saath fefron
  - Matli aur ulti, chakkar aana, sardarad, behosh hona
  - Ya pratikriyon ki tarah bronchitis ya asthma
  - Tawacha allergy, chkte, lalima, fafole, pitti ya ghambeer sukhane
  - Ergonomic: peeth darad, haath tanaav, shareerak tanaav

## TUM APNEAAP KO JAB RASAYAN KI RAKSA KAISE KAR SAKTE HO?

Sambhalane se pahale ucita prasiksana suniscita kisī bhī rasayanom. Nirmata ka palana karem Disha -oh jab rasayana misharaṇ. Svacchaturant phaile . Kī drukān nahi Asangat rasāyan (is tarah ke acid ke rup mein) ek sath khursiya. Store rasayan Nirmata ke nirdesom ke anusar. Rasayanom ke sath pratyek kaṇṭhenar lebal Thīk hai. Kya khṣetrom mein nahī khane peene ya jaha rasayan saagrahit kiya ja raha hai.

Atirikta rasayanika par janakari ke leye Padartha suraksha data sīt ko dekhe.

## DASTAANO KA ISTEMAAL

- Hamesha perming karte waqt, rang, seedhe, ya shampooing karte waqt dastaane istemaal karein
- Jalan se bachne ke liye, ujaagar twacha ke shetaron par badha cream lagao
- Dispojebal dastaane ek hi baar istemaal karo
- Hamesha suraksha data sheet ka upyog karo dastaane ka prakaar istemaal karne ke liye
- Badle yadi kattoti aansoo ya shed ke lakshan

OONGLI DISHPOJEBAL NAHI HAI !  
DEKHO AURA KYA HAI JAHA APP  
ME KATAUTI KAR RAHE HAI !

## HAATH DHONA

- Hamesha rasayna sambhalane ke bad hatha dhone
- Hamesha khane aur ch cehara/ ankho se pahale hath dhone

## TRIPPING KHATARO

Suniscit karem ki raste mein bijalee ke tar se spasta kar rahe hai aur an'ya tripping Khataro. Doriyo par pharsh matt rakhe aur yaha suniscit kare matt phlaite aur surakṣheet hai. Ek niyamita adhar par baal ki katarano jharu.

## APATA STHITI KI JANAKARI



### HAMESHA CHIKITSA KI MADATT LE!

Hamesha nurse ko dikhao agar aaptakali chikitsa school mein hoti hai aur agar salon mein hoti hai to 911 call karein.

### BADE FAAL

Jagah ko khali aur hawaadar karo aur sabhi ignition shetron ko hata do. Sakriya lakri ka koyla yogic, sukhi ret ya upyukat aur niptaan ke liye ek moharband container mein jagah ke rooo mein isi tarah ki samgri mein gira taral avshosheet. Prabhavit shetron ko saaf karein.

### AAG

Taral padarath dahansheel ya jalansheel ho sakta hai, uchit aag bujhane ki kal ka upyog karein Extinguishers par chihan aag ke prakaar ke liye upyukat hai iska sanket milta hai. Rasayan jalan jehrili gas jaari kar sakte hai.

### GARMI JOKHIMA

Bāla dryers, phlaiya loha, curlers aur karlin-ga loha, agar mein aur par baim khamiyo k dur, ek aag khataro hai. Hamesha bandh kar dete hai jab ka upayog karane ke liye jalta hai ya aag se bachane ke liye nahi.

## APATAKALIN SAMPARK

Apne apatakalina cikitsa sampark hai:

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Apni Suraksa aur Svasthya Designee  
(ya manager/malik) hai:

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Apni Surksa aur Svasthya Manual/SDS  
hai :

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Atirikta sucana:

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\*Cayanit dvara samagri Maureen Saporito, Honorable Mention,  
NJ Safe Schools Task Force Poster Pratiyogita

Apatakalina Numbers

**Zahara Nyantrana**

Agar ek rasayan jata hai, call:

1-800-222-1222

**NJ Paryavarn Sanraksan Hotline**

Paryavaran ghatan ka hanana, ya sikaytom ki  
report karane ke, call:

1-877-927-6337

**Rasayanik Phaila**

Ek phail ke bare mein, call National Response:  
1-800-424-8802

aur

Apata sthiti mein pratyuttara prakriyakom ke  
lie ek chalakana ki ghatana, call CHEMTREC:  
1-800-424-9300

Atirikta janakari:

NJ Suraksit School Karyakram

[www.njsafeschools.org/RTK](http://www.njsafeschools.org/RTK)

NJ Karyakarm Ko Janane Ka Adhikar

<http://nj.gov/health/eoh/rtkweb/index.shtml>

Nakhun salon ki suraksa OSHA website hai

<http://www.osha.gov/SLTC/nailsalons/index.html>



Nation's First Collaborative School of Public Health



## COSMETOLOGY

## JANANE KA

## VIVARANIKA



APNE SVASTHYA KE RUP MEIN HAI KE RUP MEIN  
APNE MAHATVAPURN GRAHAKOM HE  
SAUNDARYA



Sambhav Banaya New Jersey Department of  
Education Office of Career and Technical Education