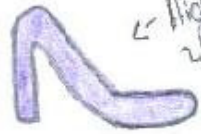
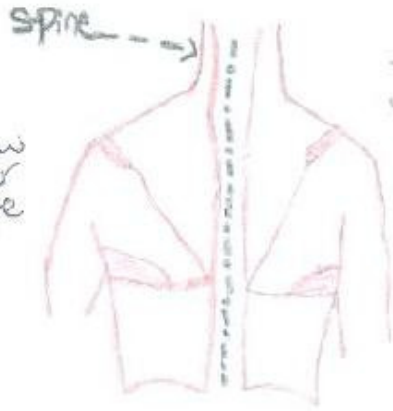


IF YOU DON'T WANT A BRUISE, DON'T WEAR OPEN TOED SHOES.
AS PRETTY AS THEY ARE, DON'T WEAR THEM OR YOU'LL SCAR.

Safety Regulations



← High heels will throw off your posture



perfect posture helps you and your spine. What kind of shoes you wear can affect your posture and your hair techniques.



Flats will help w/ posture

Sneakers and flats will give your spine a break from high heels



Let your feet be comfortable! Wear flats to keep your feet elevated to achieve good posture.

Foot safety is a concern these especially with girls wearing heels that throw off their posture



EMERGENCY CONTACTS

Your emergency medical contact is:

Your Safety and Health Designee (or manager/owner) is:

Your Safety and Health Manual/SDS are located:

Additional information:

*Selected content by the following NJ Safe Schools Task Force Poster Contest Winners:
Kelcy Cordoma and Carissa Pagano, 1st Runner Up
Myra Sewall and Gabby Smith, 2nd Runner Up
Torrie Varallo, Honorable Mention

Emergency Numbers
Medical Emergency: call 911

Poison Control
If a chemical is ingested, call:
1-800-222-1222

NJ Environmental Protection Hotline
To report environmental incidents, abuses or complaints, call:
1-877-927-6337

Chemical Spills
To report a spill, call the National Response Center: 1-800-424-8802
and

For emergency responder procedures in the event of a spill, call CHEMTREC:
1-800-424-9300

For more information:

NJ Safe Schools Program
www.njsafeschools.org/RTK

NJ Right to Know Program
<http://nj.gov/health/eoh/rtkweb/index.shtml>

OSHA web page on protecting nail salon workers
<http://www.osha.gov/SLTC/nailsalons/index.html>



Nation's First Collaborative School of Public Health



COSMETOLOGY ERGONOMICS RIGHT TO KNOW BROCHURE

HANG UP YOUR HEELS!



Made possible by the New Jersey Department of Education Office of Career and Technical Education