

Written by the Technical Committee of the film and video industry's joint sector-based working group and produced by the Commission de la santé et de la sécurité du travail du Québec.



ASSOCIATION DES  
PRODUCTEURS DE  
FILMS ET DE  
TÉLÉVISION DU  
QUÉBEC

## Makeup and hairdressing

### Makeup and hairdressing room

1. The makeup and hairdressing room must be clean and equipped with hot running water. Its floor must be unobstructed, swept regularly and kept clean to avoid falls.
2. The room must be kept at a constant ambient temperature of at least 20°C, and be well lit and well ventilated (see *Regulation respecting occupational health and safety*).
3. It must contain height-adjustable chairs, an anti-fatigue mat (rubber mat that absorbs impacts) and a first aid kit (see contents of a vehicle first aid kit in the appendix of guideline 9) to which is added a clean eye cup.
4. Accessories attached to walls (storage racks, mirrors, etc.) must be solidly installed so that they will not fall.
5. Workstations must be clean and articles placed safely and within reach, based on their frequency of use.
6. Equipment and accessories used for various treatments must be cleaned and disinfected after each use, and then stored in a clean location, protected from dust and dirt. Each cast member must have his own sponges, powder boxes, combs and brushes. On the set, these articles must be kept in clearly labeled plastic bags.
7. The cast hairdressers and makeup artists must use a cart or ask the technical team for help in carrying heavy or bulky equipment. To maintain good back posture, they must properly distribute the weight of the equipment to be carried for touch-ups (e.g., use a belt, a jacket with several pockets, a shoulder bag, etc.).
8. The producer must provide them with seats for sitting during waiting periods and allow them to take full advantage of break and meal periods, due to long working hours.  
**Note.** – The use of closed low-heeled shoes, with arch supports and absorbing and anti-slip soles, reduces the discomfort produced by hard surfaces. Furthermore, to delay the onset of fatigue and reduce the risk of musculoskeletal injuries, microbreaks are recommended, which allow muscles to relax for a few seconds.

### Safe use of products

9. Cast hairdressers and makeup artists must:
  - obtain information from suppliers about the possible risks and contraindications of certain hairdressing or makeup products;
  - keep a list of the products used, indicating, among other things, the purchase date;
  - check with the cast regarding allergies or sensitivities to certain products. If someone reacts to a product, use of the product must be immediately stopped, and the producer or safety coordinator must be informed;
  - follow general hygiene rules such as washing hands before and after each hairdo or makeup application.
10. When applying dye or colouring or when perming or straightening hair, appropriate gloves must be worn and the ventilation must be adequate. As much as possible, avoid using sprays; otherwise, avoid being in the spray cone, limit the time of use, and use a face shield to protect the cast member.
11. Products must be kept at the proper temperature, and flammable liquids and aerosols kept in a cool place, away from sources of heat and flame. The manufacturer's recommendations about the product's use and storage must be followed.

12. Controlled substances decanted from the original container into another container must be labeled.
13. The following are mandatory:
  - use one tube of mascara per person to avoid infection;
  - immediately replace outdated products;
  - use containers with dispensers for liquid products;
  - preferably use products in gel or cream form and avoid powders that have to be mixed;
  - use a disinfected spatula to remove a product from its container (never use your fingers).
14. For makeup removal, avoid using solvents such as isopropyl myristate, a substance found in some glue-removal products.

### References

Guideline 25 on Controlled substances.

Guideline 9 on First aid.

*Regulation respecting occupational health and safety, S-2.1, r. 19.01.*

CSST's Service du répertoire toxicologique  
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**Note.** – The information contained in this guideline is not exhaustive and does not replace current standards, laws and regulations.

## Guideline 20 • Appendix

### Production and application of prostheses

Workshops that make prostheses use different products: resin, clay, plaster, foam, fibreglass, acrylic paints, etc. They are applied with glue and removed with a solvent or water.

1. Avoid dust accumulation in these workshops and work in a hood when products harmful to health are used, such as isocyanates to produce polyurethane prostheses, since isocyanates can cause respiratory allergies.
2. When necessary, use the appropriate means of protection (gloves, safety glasses, masks, etc.). For example, wear a dust filter mask for the dust produced by plaster sanding.
3. Keep respiratory equipment within reach, protected from dust, in a clean location, and make sure that it is properly adjusted and regularly maintained. The person in charge of the workshop must also keep an audit log for this equipment.
4. Workshop personnel must have easy access to the controlled substances' material safety data sheets. If these substances are brought onto the set, their respective material safety data sheets must also be brought there.
5. Before prostheses are applied, the cast member must be asked whether he has any allergies to resins or solvents. Water-based glues must preferably be used.
6. If a cast member must wear special makeup or a prosthesis for several consecutive days, a resting period must be provided to allow skin to regenerate. This resting period can vary, depending on the person's sensitivity.
7. When the work includes delicate and precise manipulations (application of prostheses, sculpture, implanting of hair, special makeup, etc.), good working postures must be adopted to avoid injury. It is recommended that:
  - the object that you are working on or the person on whom you are applying makeup be 25 to 30 cm away from your eyes and that you keep your hands within this zone;
  - you ensure that the lighting is adequate;
  - you are seated;
  - you use a seat with good back support and adjust it so that you can work at the proper height;
  - you use padded body supports for your elbows, forearms or hands to reduce muscle fatigue;
  - you take breaks throughout the work period.