

 Gently hold each exercise for 10 seconds and breathe slowly

### Back of Legs

Place your hands shoulder width apart on a wall or table. With legs straight but not locked, keep hips directly above your feet and lower head between arms.



### Shoulders and Upper Back

Keeping your shoulders down and relaxed, put one hand on your opposite shoulder and look the other way. Pull your elbow in and up with the other hand. Repeat on other side.



### Neck #1

Hold on to the side of a chair with one hand. Put the other hand over your head onto the opposite ear. Gently bend your head sideways, bringing your ear towards your shoulder.



### Shoulders

Lace your fingers and stretch your arms with your palms facing out at shoulder height.



### Neck #2

Keeping your arms and shoulders loose and your head facing straight forward, tuck your chin.



### Fingers

Stretch your fingers apart, and then relax.



## PREVENTING PROBLEMS

1. Use an adjustable chair with back support and keep your feet on the floor.
2. Keep your head and back upright and shoulders relaxed.
3. Bring the client's foot or hand as close to you as possible to avoid strain.
4. Use good lighting.
5. Wear safety glasses, especially when dust is created from filing.
6. Use hydrating eye drops to prevent strain and dryness.
7. Use foam padding or a rolled towel under where your arms are resting.
8. Use the tools you find easiest to hold (called "ergonomic nail technicians' tools").
9. Take frequent breaks and move around.



## SEE YOUR HEALTHCARE PROVIDER IF...

1. You experience continued pain that makes it difficult for you to work or sleep.
2. You experience any numbness or tingling in any part of the body that does not go away.
3. You experience weakness in any muscles or a change in sensations.
4. You experience headaches or eye pain regularly.

 **Facebook:** Healthy Nail Salon Network - Toronto

 **Twitter:** @TOHealthyNails

 **Contact:** [nailsalonproject@ctchc.com](mailto:nailsalonproject@ctchc.com)

 This resource is also available in Chinese and Vietnamese.  
For more info visit: [www.pqwchc.com/nails](http://www.pqwchc.com/nails)



# STRETCH

PREVENTING STRESS AND PAIN WHILE YOU WORK:  
FOR NAIL SALON TECHNICIANS



The views expressed in the publication are the views of the Nail Salon Workers Project and do not necessarily reflect those of the Province.

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## FOR MORE HELP AND INFORMATION

Many of the resources below are specific to people living in Ontario. You do not need health insurance or proof of your immigration status to use most of these resources.

### INFORMATION ON DANGEROUS CHEMICALS AND PROTECTING YOUR HEALTH

**Government of Canada: Cosmetic Ingredient Hotlist**  
<https://tinyurl.com/y7d5pa9z>

**Women's Voices for the Earth**  
[www.womensvoices.org/safe-salons](http://www.womensvoices.org/safe-salons)

**California Healthy Nail Salon Collaborative**  
[www.cahealthynailsalons.org](http://www.cahealthynailsalons.org)

**Occupational Safety and Health Administration - Stay Healthy and Safe While Giving Manicures and Pedicures**  
Available in English, Vietnamese and Chinese  
[www.osha.gov/Publications/3542na-il-salon-workers-guide.pdf](http://www.osha.gov/Publications/3542na-il-salon-workers-guide.pdf)

### HEALTH SERVICES

**Parkdale Queen West Community Health Centre**  
\*services in English, translation available  
 416-703-8480 ext 2233  
168 Bathurst St., Toronto  
[www.pqwchc.com/nails](http://www.pqwchc.com/nails)  
1229 Queen St. West, Toronto  
[www.pqwchc.com/nails](http://www.pqwchc.com/nails)

**IWHC Toronto (formerly Immigrant Women's Health Centre)**  
\*services in multiple languages  
489 College St., Suite 200, Toronto  
 416-323-9986  
[www.immigranthealth.info](http://www.immigranthealth.info)

**South Riverdale Community Health Centre**  
\*services in English, translation available  
955 Queen St. East, Toronto  
 416-461-1925  
[www.srchc.ca](http://www.srchc.ca)

### PHYSIOTHERAPY

Under certain conditions, physiotherapy services are paid for by the Ontario provincial government in specific clinics and health centres. Find out if you are eligible at the link below, or talk to your healthcare provider to see about OHIP-covered physiotherapists.  
<https://tinyurl.com/ycn8yct2>

**ENGLISH LANGUAGE SUPPORT**  
 Call 211 or visit [www.211.ca](http://www.211.ca)

**LEGAL SERVICES**  
**Canadian Environmental Law Association (CELA)**  
\* services in English  
 416-960-2284  
[www.cela.ca](http://www.cela.ca)

**Chinese & Southeast Asian Legal Clinic**  
\*Provide legal services to low income, non-English speaking clients from the Chinese, Vietnamese, Cambodian and Laotian communities across Ontario.  
 416-971-9674  
Ontario toll free number:  
 1-844-971-9674  
[www.csalc.ca](http://www.csalc.ca)

**Parkdale Community Legal Services**  
\*services in English, translation available  
1266 Queen St. West, Toronto  
 416-531-2411  
[www.parkdalelegal.org](http://www.parkdalelegal.org)

### LABOUR AND EMPLOYMENT

**Workers' Action Centre**  
\*services in English  
720 Spadina Ave., suite 223  
 416-531-0778  
[www.workersactioncentre.org](http://www.workersactioncentre.org)

**LABOUR AND EMPLOYMENT (Continued)**

**Working Women's Community Centre**  
\*services in multiple languages  
533A Gladstone Ave., Toronto  
 416-532-2824  
[www.workingwomencc.org/](http://www.workingwomencc.org/)

**Employment Standards Information Centre**  
 416-326-7160  
[www.labour.gov.on.ca/english/es](http://www.labour.gov.on.ca/english/es)

**To make a confidential complaint about health conditions in your workplace:**

**City of Toronto - Body Safe Contact the Toronto Public Health Complaints Officer**  
 416-338-7600  
E-mail: [tphfeedback@toronto.ca](mailto:tphfeedback@toronto.ca)

**Ontario Ministry of Labour - Health and Safety Contact Centre**  
\* translation available  
 1-877-202-0008  
[www.labour.gov.on.ca/english/es/forms/claim.php](http://www.labour.gov.on.ca/english/es/forms/claim.php)