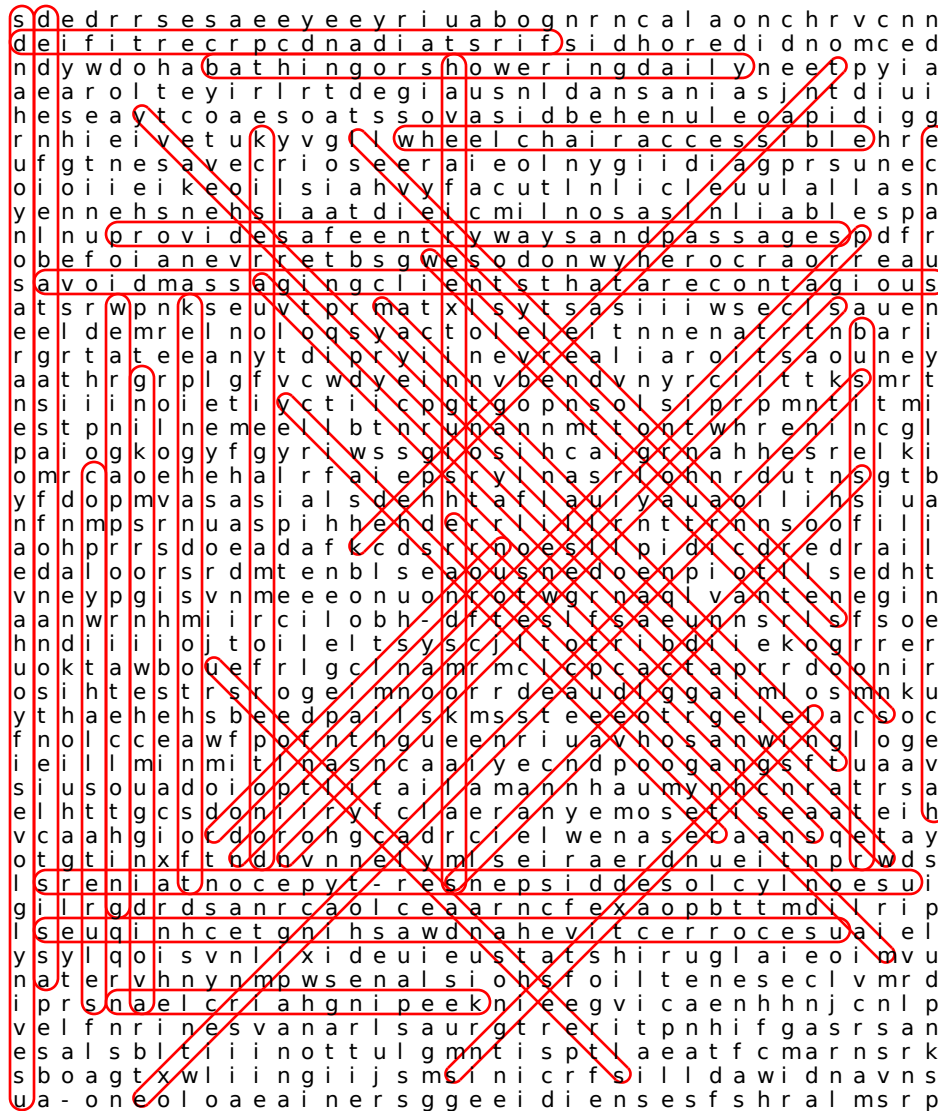


# OSHA & Others MassageNerd.com



- Assist clients on and off massage table if needed
- Avoiding gum chewing or smoking
- Bathing or showering daily
- Comply with all state rules
- Exterminate all insects and rodents
- Have a fire extinguisher and smoke alarms
- Keeping breath pleasant
- Keeping hands smooth and soft
- Lighted exit signs
- Maintain good posture
- Non-slip floor
- Provide safe entryways and passages
- Short and clean nails
- Use only clean sheets
- Use vinyl gloves if you have any open areas on your hands
- Wearing appropriate clothing
- Wheel chair accessible

- Avoid massaging clients that are contagious
- Avoiding strong fragrances
- Business free from clutter
- Do not perform massage if you are sick
- First Aid and CPR Certified
- Have current liability insurance
- Keeping hair clean
- Lever style door handles
- Maintain all equipment
- No rings or jewelry on wrists
- Practicing rules of sanitation
- Remove all trash daily
- Use corrective hand washing techniques
- Use only closed dispenser-type containers
- Wear sweatbands if you perspire heavily
- Well ventilation rooms