



## Course Outline

2026-2027 Catalog

### COS 10 - Health, Safety and Sanitation Theory

#### Catalog Description

**Transfer Status:** CSU

**Unit(s):** 3.00

**Lecture:** 51.00 Contact hours/102.00 Out of class hours/153.00 Total hours/3.00 Unit(s)

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**Course Description:** This course will teach standard health, safety, and sanitation practices in Cosmetology, Barbering, Manicuring, and Esthetics. Students will understand agency standards and state board requirements for beauty professionals servicing the general public.

#### Objectives

Upon successful completion of this course, the student should be able to:

1. Synthesize health and safety rules related to salon practice and State Board of Barbering and Cosmetology.
2. Connect soft skills to effectively communicate with the general public.
3. Apply sanitary performance of all tasks and skills related to skin, nail, and hair care services.
4. Define bloodborne pathogens and explain how to avoid transmission in the salon environment.
5. Explain the differences between cleaning, disinfecting, and sterilizing.
6. Describe laws, rules and regulatory agencies that govern personal care professionals.

#### Course Content

| Topic Titles / Suggested Time Topic                                                                                                                                                                                                                                       |                |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|
| <u>Lecture</u>                                                                                                                                                                                                                                                            |                |
| <u>Topics</u>                                                                                                                                                                                                                                                             | <u>Lec Hrs</u> |
| Chemical Safety                                                                                                                                                                                                                                                           | 6.00           |
| <ul style="list-style-type: none"><li>• In the Establishment</li><li>• Storage and Disposal</li><li>• Toxic Chemicals</li></ul>                                                                                                                                           |                |
| Safety                                                                                                                                                                                                                                                                    | 6.00           |
| <ul style="list-style-type: none"><li>• Safety Data Sheet</li><li>• Risk Phrases — Designated Hazardous Substances</li><li>• Resource Groups, Agencies, Databases</li><li>• Publications Informational Sheet</li><li>• Working Safely in Nail Salons Fact Sheet</li></ul> |                |
| Regulatory Agencies:                                                                                                                                                                                                                                                      | 6.00           |
| <ul style="list-style-type: none"><li>• EPA-Registered and Approved Disinfectants</li><li>• Occupational Safety and Health Administration (OSHA) regulations</li><li>• Scope of Practice and the Board of Barbering and Cosmetology</li></ul>                             |                |
| Ergonomics                                                                                                                                                                                                                                                                | 6.00           |
| <ul style="list-style-type: none"><li>• Work Smarter, Not Just Harder Poster</li><li>• Stay Healthy and Safe While Giving Manicures and Pedicures</li><li>• Repetitive Motion Injuries</li></ul>                                                                          |                |
| Communicable Diseases                                                                                                                                                                                                                                                     | 6.00           |
| <ul style="list-style-type: none"><li>• Pathogens</li><li>• Diseases</li><li>• Disorders</li><li>• Preventative Measures</li></ul>                                                                                                                                        |                |
| Health and Safety Laws and Agencies                                                                                                                                                                                                                                       | 6.00           |
| <ul style="list-style-type: none"><li>• California State Board of Barbering and Cosmetology</li><li>• Environmental Protection Agency</li><li>• Occupational Safety and Health Administration</li><li>• US Department of Labor</li></ul>                                  |                |
| Workers' Rights and Responsibilities                                                                                                                                                                                                                                      | 6.00           |

## Topics

## Lec Hrs

- Laws and Regulations
- Compensation
- Tips and Taxes
- Grievances

Physical and Sexual Abuse Awareness

9.00

- Sexual and Domestic Abuse
- Human Trafficking
- Elder Abuse
- Providing Assistance

**Total Hours: 51.00**

## Methods of Instruction

- A. Class Activities
- B. Demonstrations
- C. Discussion
- D. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- E. Lecture
- F. Multimedia Presentations

## Methods of Evaluation

- A. Demonstration
- B. Class participation
- C. Final Examination
- D. Performance Examinations
- E. Practical Evaluations
- F. Group Participation

## Examples of Assignments

### Reading Assignments

1. Read two or three professional articles that focus on health, safety and sanitation required for licensure in cosmetology. Prepare to discuss your findings with the class.
2. Research the dangers of poor sanitation in salon environments and how to avoid costly mistakes related to improper health, safety, and sanitation practices. Share your findings in a class discussion.

### Writing Assignments

1. Write a 1-2 page paper explaining the involvement of external agencies that impact or regulate the cosmetic industry and prepare to present your findings in class.
2. Gather information from salon professionals about unethical experiences they may have had in salons. Write a 1-page description of the unethical scenario and describe how ethical behavior would alter the outcome of the situation.

### Out-of-Class Assignments

1. Earn industry-recognized credentials in sanitation and infection control, such as barbicide or COVID-19 training for the field of Barbering and Cosmetology.
2. Complete an OSHA recognized training for the field of Barbering and Cosmetology and submit your documentation.

## Recommended Materials of Instruction

Milady. (2023). Milady's Standard Cosmetology with Standard Foundations + Student Workbook for Milady Standard Foundations + Workbook for Milady's Standard Cosmetology. *Cengage, 14th*. 9780357925256.

### Zero Cost Textbook

California Board of Barbering and Cosmetology

Health and Safety Training Booklet

[https://www.barbercosmo.ca.gov/schools/healthsafety\\_course.shtml](https://www.barbercosmo.ca.gov/schools/healthsafety_course.shtml)

## Minimum Qualifications

Cosmetology

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