

OSHA & Others MassageNerd.com

s d o i r b r g l e n n t e s e g r g r t o e s i s e o r n c r s s d e i o x
 d e a s s a i e r o m s d v e y s n v g y e s b o w o a a o s q e e l e b o
 n d u g i t r p s a s s n l l t n v l e g n r e e l l s d s y a s h r n d s n
 a e d q i h f o b t l o r s t i y a e n g e t e c i s o e s a p o v h h e g l
 h e r e i i h h k n w g a f u p c s r f e s m o i e t r s g o e g t n l n l e
 r n i e o n a e c n e i n m w q o a o o s e c p a t e w w o e s s l u p s f i
 u f y j t g h e i n e a i t r r i g e a i h d t l r s o i n o p r r n r r a e
 o i y d n o p c s c p e s r c a r i y t k p n r u t a s e i r f e s o d r n s
 y e r v c r n k e e p i n g h a n d s s m o t h a n d s o f t c h w s u o d
 n l r j i s h o r t a n d c l e a n n a i l s s o i o n v v a a c a t m s k e
 o b t g a h s r a n g r o c e i e s m e l a o n e d o r i i t n a o n e r a e i
 s a r i t o s r u r f n r s o g d i f m p c a h s o d i s n a t e i e a h e e
 a t t i l w n i o e y a i v n l d s s d h e t a l e i l n r r d r n h l s p s
 e e r a k e h i y l y a d h s n c o o d o a e s r l e l o o l i a o a e i s
 r g r h a r i o f h i i e i s e a o g s s e c a e a c n d r y a r y t e k n p
 a a t r g i m l i r t a g l a a g f n o n a f n h e i o d i t o i b e k t g r
 n s a b n n y e e r m w l t g n w o e i g e i t e u e n o n d i t e n o t b a
 e s e i i g u v g c e e n a i s n d r l e a i n r d a e o c n r t l w m u r c
 p a l e h d e e a i i h a a v - v v n n b w r h l s r c u i m s e r o s e e t
 o m e i t a i r s e g a t e s o h a t a y i t d t g e r t l g a v o i n d c a i
 y f t s o i c s s d h n v l n n i r t l h a s c i p t o o e r e r e n e n g t c
 n f s t l l g t a a i e i o r e y d p o a e e s y i e r s i e e e h a a o h i
 a o e n c y g y m a f p r l i w n m i g g s v t e c e f n s t s l r s r p p n
 e d i t e e r l m t f c o i a d o a r n n l - i c c w i s k s h u a g e s l g
 v n g c t a w e r l l d h y p c i a i i g r h s t s c y g f s s i y i h t e r
 a a n o a d r d o t i o s u e s r n l e e s k h o c l a r t n t p f i s i a u
 h n m i i a o o f y y a s l o l r l g s w e t l y i e e r i o c o b p i s s l
 u o e i r n r o r t n e o p n a a e n g k s e r a r e r y i r s h l a u s a e
 o s o a p e t r e d g p u n i e s e p h u n s d o f n t r t a f f e r g a n s
 y t g i o s e h p g l l m e t e p c n u l m h i r n i p m o a h e l i n i t o
 f n s a r r s a t n a o p a i s l f w g o s c o s l g d a v c e c s e i a u f
 i e l s p s s n o n a o n a i s g r o o a y m h i d o f s s s e h l t t s s s
 s i w p p s m d n r y i e d r s d a r r i c f b e e i c r o e n s a e x r n a
 e l v l a e e l o r m e d x o g s n t g l c a i i w e s r a r h e u d e p w n
 v c t g g o r e d r l e o u m s o l g u n i g p s s i o e k g p k e n e h o i
 o t e y n p t s e o s d t g e i l i t t l o e n m d a n t s r r o a a r a w t
 l s u o i g a t n o c e r a t a h t s t n e i l c g n i g a s s a m d i o v a
 g i f n r e x u l d d r r a e d e e n a u e a c s t a a o o i n r n n f r p t
 l s o r a e t c c a u e l v i r n e l l e n m n e v s e b n r e s s c a g y i
 y s e f e s y w r t t i o r s t r o e t h e o a m d s r p t e s n o l e n s o
 n a r e w l h s r r t m t o o r e b r r f g t o m r c i t a a i m n w v s a n
 i b e n n g a s t n e m p i u q e l l a n i a t n i a m w s l e l o i a f r h
 v n n o t n l l e r a e g c c s e r l s a g k e l s r e n f t e w w k h r n l
 e y e e k a a v i i u c e s d e i f i t r e c r p c d n a d i a t s r i f t n
 s s r h r t l e s h l v t s t s i r w n o y r l e w e j r o s g n i r o n t c
 u s e o n l y c l e a n s h e e t s n g i s t i x e d e t h g i l a i a n g s
 e c k e e p i n g h a i r c l e a n o m o n j n c q e w r i i f e a n s e c g
 n v m w s o i y r s i t e t t i o c i s i n o e t t n n l e k s r o s n s w d
 e e u w i a t e s x n e w o o n m t s e r e m i x r c e a y o n y i c c i w w

Assist clients on and off massage table if needed
 Avoiding strong fragrances
 Comply with all state rules
 First Aid and CPR Certified
 Keeping breath pleasant
 Lever style door handles
 Maintain good posture
 Practicing rules of sanitation
 Short and clean nails
 Use only closed dispenser-type containers
 Wearing appropriate clothing

Avoid massaging clients that are contagious
 Bathing or showering daily
 Do not perform massage if you are sick
 Have a fire extinguisher and smoke alarms
 Keeping hair clean
 Lighted exit signs
 No rings or jewelry on wrists
 Provide safe entryways and passages
 Use corrective hand washing techniques
 Use vinyl gloves if you have any open areas on your hands
 Well ventilation rooms

Avoiding gum chewing or smoking
 Business free from clutter
 Exterminate all insects and rodents
 Have current liability insurance
 Keeping hands smooth and soft
 Maintain all equipment
 Non-slip floor
 Remove all trash daily
 Use only clean sheets
 Wear sweatbands if you perspire heavy
 Wheel chair accessible