

- c. Follow your company's dress code
- d. Keep your wardrobe current with fashion, stain-free, clean, and unwrinkled. Wear a smock to avoid staining your clothing.
- e. Clothing, including shoes, should be functional, comfortable and stylish.
- f. Wear properly fitting undergarments.
- g. Wear jewelry that does not jingle so that it won't irritate the guests.
- h. Shoes should have proper arch support and a low heel.
- i. Look in the mirror at various angles prior to going to work.
- j. When in doubt, change your clothes!
- k. Always maintain your hair with a current style. Barter with other stylists to maintain your hair at low cost to you!
- l. You are a walking billboard for your services!
- m. Maintain healthy skin. Wear sunscreen, seek professional advice if needed.
- n. Apply makeup at home, not at work or school, because this is seen as mismanagement of time.
- o. Keep your nails manicured and thoroughly cleaned.
- p. Positive attitude is a foundational principle of professional image. Treat everyone with respect! Avoid posting negativity/hate/gossip on social media. Pay attention to your public image online!

3. Practicing ergonomics

- a. Your physical presentation includes posture, the way you walk, and the way you move.
- b. Good posture = confidence
- c. Bad posture = "weakness" and can lead to fatigue, MSDs
- d. Good posture means
 - i. Neck elongated and balanced above shoulders
 - ii. Chest is up and out
 - iii. No slouching
 - iv. Shoulders level and relaxed
 - v. Sit with back straight
 - vi. Bend knees rather than back at the chair if you must lower yourself to reach something
- e. Ergonomics is the science of designing the workplace as well as its equipment and tools to make specific body movements more comfortable, efficient, and safe
 - i. Tools: hydraulic chair, swivel shears, anti-fatigue mat
 - ii. MSDs: carpal tunnel syndrome, back injuries
 - iii. Prevention is the key to avoiding MSDs!
 - iv. Ergonomic practices
 - 1. Keep wrists straight or neutral
 - 2. Have the guest reach across the table to you to do their nails
 - 3. Use ergonomically designed implements (e.g., swivel or crane grip shears)
 - 4. Keep back/neck straight

Milady Standard Cosmetology 2012 Study Guide Answers

Mike Jess



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