

FOOT ZONE SANITATION & SAFETY PRACTICES

As a Professional Foot Zone Practitioner, you are in the industry of health and wellness. Therefore, it is vital for you, as the Foot Zone Practitioner, to protect yourself and your client at all times from injury or disease at your work place. It is the practitioner's responsibility to provide and maintain a safe and sanitary office. The client expects a clean, sanitary, clutter-free, environment.

All states have laws that make the practice of safety and sanitation mandatory for the protection of public health. The nature of any personal service will determine the extent of procedures for sanitation and sterilization. In most states, because Foot Zone Therapy is usually overseen or regulated by massage laws, WLZ educates students to follow the same "Standards of Sanitation and Safety" as Massage Therapists are required to follow.

Terms Defined Regarding Sanitation:

1. **Sterilization** is the first and most complete process of removing pathogens. This destroys all living organisms, including bacterial spores. It is used for things such as surgical instruments.
2. **Disinfection** is a second form of sanitation, a medium level of decontamination, and almost as effective as sterilization. However, it does not kill all bacterial spores but is highly effective for most common bacteria. A common disinfectant is chlorine bleach, alcohol, Lysol, hydrogen peroxide, and colloidal silver (using 1 part disinfectant to 10 parts water).
3. **Sanitation** is the third level of decontamination. This is done by using soaps and/or detergents with clean water. This is the most commonly used practice for the foot zone industry unless you're using tools, and then disinfection is used to clean them.

UNIVERSAL PRECAUTIONS

Universal Precautions is a system of infection control designed to protect persons from exposure to blood and/or body fluids. All blood and body fluids are considered infectious for HIV, hepatitis, and other blood-borne pathogens.

Precautions to Always Adhere to:

1. Keep yourself and your clothing clean. Always have a change of clothes with you at work in case they become soiled. Medical scrubs are great.
2. Wash and sanitize your hands with soap and warm water before and after every client. Use a nail brush to get under and around your nail beds.
3. Keep all products, tools, and surface areas sanitized.
4. Keep essential oils, salves, creams, and other oils in contamination-proof containers. If you do not have a dispenser, use a disposable spatula or plastic spoon between each use, and put enough lubricant in a disposable container. *Never double-dip, i.e. never put any unused salves, creams, other oils, etc. back into its original container.

FOOT ZONE SANITATION & SAFETY PRACTICES

5. Use clean towels, linens, and blankets for every client. They should be laundered with 1 cup of chlorine bleach and detergent to sanitize them. Clean linens are to be stored in a closed container or cupboard. If at any time your towels, linens, or blankets become rancid, dispose of them.
6. Wear vinyl gloves or cots if you or your client has any broken skin or blisters to keep from exposing yourself or your client to bodily fluids.

FACILITY SAFETY

1. Keep your parking area and walkways clear and free of any debris or weather-related conditions to avoid the tripping or slipping of your client.
2. Keep all solid floors and carpets cleaned and sanitized. Ensure your floors are dry to prevent clients from slips and falls.
3. Sanitize the restroom your client may be using. Due to sanitation and safety laws, make sure your clients have a designated germicidal dispenser of soap and paper towels for washing and drying their hands.
4. Disinfect your zoning chair or table, tools, and all surface areas.
5. Keep all areas of your workplace clean and sanitary. Your walls, furniture, floors, and equipment should represent you have a concern for cleanliness.
6. Make sure all equipment, such as zoning chairs or tables, are stable.

FIRE SAFETY

1. Contact your local fire department for a fire safety inspection as it may be the law in your city for having a place of business.
2. Purchase and maintain smoke and carbon monoxide detectors and a fire extinguisher. Be familiar with where they are located and how to use them. WLZ's fire extinguisher is located in the restroom and gets checked by our local fire department each year.
3. Clearly indicate exits.
4. Establish or know the business policy regarding open flames, candles, incense, etc.

FIRST AID SAFETY

1. If you are working for a company, it may be mandatory for you to certify in first aid. However, it is a great idea to do it anyway as it is quite simple. You can usually certify at your local fire station.
2. Purchase and maintain a first-aid kit at your place of business. If you have any personnel working for you, make sure they know where it is located. Also keep some quick carbs on-hand to be prepared for a possible low-blood sugar diabetic reaction of any client. WLZ keeps a first-aid kit in the restroom and has quick carbs available for situations just stated.
3. Ensure the room you zone in has proper heating, cooling, and ventilation.

FOOT ZONE SANITATION & SAFETY PRACTICES

4. Regularly maintain and have your heating, cooling, and ventilation systems inspected and serviced.
5. Use only ul-approved auxiliary heating devices. Turn them off when they are not in use.
This is the abbreviation of the underwriters company. . .ul testing makes sure that wire sizes are correct, devices can handle the amount of current they say they can, and products are constructed correctly to provide safe function in your home. For over a hundred years, this non-profit organization has developed more than 1,000 standards for safety. The ul website, <https://www.ul.com/>, is a good place to learn more about the organization and what they do.

PERSONAL SAFETY

1. When helping a client in or out of the zoning chair, use proper body mechanics to prevent muscle strain and injury.
2. When foot zoning your client, sit properly in your chair and use proper body mechanics.
3. In case a client acts inappropriately or seems dangerous, have an escape plan in place.
4. If you do house-calls for foot zoning, inform an associate of the name of your client, the address you are going to, when you arrive, and the estimated duration of your appointment. Contact your associate when you have left to let him/her know you are safe. Do this every time. Sometimes a predator may act appropriate several times in a row before acting out. Therefore, use safety precautions at all times. Also, determine in your policies and procedures what spaces of a home you are willing to do a foot zone. For instance, you may stipulate that bedrooms or basements are beyond your limitations.

CLIENT SAFETY

1. Educate your client about the definition of foot zoning. If you have other modalities you would like to do with the foot zone, first and foremost, make sure it is legal to practice the modality in your state and city. Explain any modality you use with the foot zone to your client letting him/her know it compliments the foot zone, but not defined as part of the foot zone. Also, get written permission from your client if he/she wants the added modalities. Examples of these modalities are: foot soaks, essential oils, salves, creams, oils, foot zone tools, or other forms of energy work, such as Reki.
2. Explain your scope of practice to your client so they do not expect more from you than you are qualified to do.
3. Wash your hands before and after each client.
4. Have your client fill out an intake form to check for health/feet issues.
5. Assess your client's feet for any feet conditions.
6. Educate your client about the points of pressure on a scale of 0-10 and that the pressure you use should feel between a 5-7 to them. Then check in often to assure your client is comfortable.
7. Avoid any open wounds, sores, or injuries.

FOOT ZONE SANITATION & SAFETY PRACTICES

8. Do not do a foot zone if you are ill and contagious.
9. Provide clear, safe entryways and hallways to your room or booth, and ensure your surfaces are skid-free.
10. Assist your client in and out of the zoning chair when needed.
11. If you use any products, list them on your intake form with a place for your clients to check approval that they do not have sensitivities to your products.
12. DO NO HARM!