

Guideline for "Good Working Practice" in the field of tattooing, permanent make-up, piercing and related practices

1 Scope of application

Addressees

This guideline is aimed at the members of the following associations:

- Association of Swiss Professional Tattooists VST
- Swiss Piercers Association VSP
- Swiss Professional Association for Permanent Make Up PMU

as well as to freelancers who carry out any of the following activities that cause injury to the skin in any form: tattooing, permanent make-up (PMU), piercing and related practices.

Subject of the directive

This guideline includes:

- Personal requirements
- Requirements for hygiene, products and infrastructure
- Basic requirement for practising the profession
- Emergency measures (in the appendix)

2 Personal requirements

A prerequisite for the independent exercise of one of the above-mentioned activities is the completion of the courses *"Basic course in general hygiene"* and *"Occupation-specific hygiene course and first aid course"* or equivalent courses.

Any consumption of drugs and alcohol during working hours is prohibited.

Personal protective measures of the practitioner

In accordance with Article 6 of the Ordinance on the Prevention of Accidents and Occupational Diseases (Ordinance on Accident Prevention, VUV), it is the employer's duty to ensure that his employees are informed of the possible risks involved in carrying out their work and to instruct them on the precautionary measures to be taken.

Employees must be informed about the risks of infection that could occur through blood contact (hepatitis B and C, AIDS virus [HIV]) and about the necessary protective measures. The avoidance of stings or injuries caused by objects suspected of being contaminated is a central element of this. Adapted working techniques should make it possible to eliminate this risk. A hepatitis B vaccination is recommended.

3 Hygiene requirements

This guideline contains the hygiene requirements for tattooing, permanent make-up, piercing and related practices that cause some form of injury to the skin.

The following common requirements for individual areas of work (common denominators) apply to the various practices:

- a. Hygiene plan
- b. Workspace
- c. Toilet
- d. Hygiene in the workplace

- e. Working tools
- f. Work utensils
- g. Cleaning / Disinfection
- h. Sterilisation
- i. Guideline for the treatment of customers
- j. Care instructions
- k. Customer questionnaire
- l. Emergency measures

The hygiene requirements of the individual associations apply to the specific hygiene needs of the profession.

a. Hygiene plan

Every studio must have a hygiene plan, which every employee must be familiar with.

b. Workspace

Floors, walls, worktops, cupboards and small furniture, washbasin, hand drying, storage furniture, waste bins, room partitioning:

1. The owner or operator of a business premises must ensure clean working areas.
2. The work area must have sufficient light and an adequate supply of fresh air.
3. Floors must be smooth, liquid-repellent and easy to clean.
4. The walls should be easily washable and in good condition.
5. The shelves must be made of smooth, stainless material that is water-repellent and easy to clean. This work surface must be at least 2 metres away from the waiting and/or simultaneously treated customer or separated by an appropriate barrier with a minimum height of 180 cm.
6. Cupboards and small furniture must be lockable (dust-free storage).
7. A work sink with a mixer tap, which is not accessible to customers, must be available in convenient proximity.
8. Only disposable towels are used.
9. Waste bins (near the workplace) must be emptied after each treatment or be lockable and equipped with foot control.
10. Work utensils must be stored dust-free.
11. The workroom is used exclusively for the intended activity (tattooing, piercing and related practices) and the associated work. Cosmetic treatments, in particular those that generate dust, may be carried out in the same room, but not at the same time.
12. The work area is separate from waiting customers, the reception area and/or the shop.
13. Smoking in the work area is prohibited.

c. Toilet

Toilet facilities must be available, kept clean and regularly disinfected, and should be in good condition. Disposable towels should be used for drying hands. Soap dispensers that are not designed to be refilled should not be refilled.

d. Hygiene in the workplace

Appearance, hands, work clothing, gloves, tidiness:

1. The person carrying out the work must have a clean appearance.

2. Hands are washed and sanitised before starting work. Fingernails are groomed.
3. Long hair should be tied back if necessary.
4. Appropriate protective clothing, either washable or disposable, is recommended.
5. Protective clothing should be removed when leaving the workplace and must be changed regularly.
6. The gloves should not be used to touch any objects that are not directly related to the work.
7. There should be no objects or other things in the work area that have nothing to do with the work. This applies in particular to all types of animals that are not in terrariums or aquariums. Decorative utensils are excluded.

e. Working tools

Needles, devices, needle guides, forceps, cannulas, clamps, etc.:

1. Working tools such as needles and cannulas that the manufacturer has intended for single use and labelled accordingly must not be reused. They must be disposed of appropriately after use.
2. The use of devices or systems that implant the jewellery into the skin without prior piercing is not recommended.
3. Tools such as needle guides, needle bars, forceps and clamps must be placed in a disinfectant bath after use and then cleaned, packaged and sterilised accordingly.
4. The working tools must never be handled without gloves, neither before nor after use.
5. Devices must be cleaned and disinfected after use

f. Work utensils

Colours, jewellery and consumables:

1. With consumables, care must always be taken to ensure that no contamination can occur during removal.
2. All other consumables should be disposable and must be disposed of properly after use.
3. Pigments and piercing jewellery must comply with the legal regulations:
 - Foodstuffs Act (LMG, [SR 817.0](#))
 - Foodstuffs and Utility Articles Ordinance (LGV, [SR 817.02](#))
 - Ordinance on Human Contact Articles (HKV, [SR 817.023.41](#))

g. Cleaning / Disinfection

Workroom, workstation, work surface, working instruments and ultrasound device:

1. Work surfaces: Clean and disinfect with a surface disinfectant before starting work and after each customer.
2. Workplace: Must be cleaned and disinfected after each customer. Disinfectants for surfaces may contain alcohols and aldehydes.
3. Working instruments: If intended by the manufacturer, disassemble the instruments for this purpose and insert them afterwards. Otherwise, place the instruments directly (without rinsing) in a cleaning-active disinfectant. If necessary, clean mechanically, rinse, dry, pack and sterilise if necessary.
Caution: Pre-treatment and cleaning agents for the devices (instruments) should be free of alcohol and aldehyde to prevent the proteins from fixing.
4. Ultrasound: Clean regularly (at least once a week or according to the bath additive manufacturer's instructions) and replace the liquid.

h. Sterilisation

Working instruments, packaging, autoclave, sterilisation control and protocol:

1. After disinfection, cleaning, drying and care, reused working instruments must be sterilised either packaged in sterilisation pouches or unpackaged in sterilisation cassettes in accordance with the instructions. After opening each sterilisation container, whether pouch or cassette, the instruments inside must be used immediately.
2. Autoclave: Maintain in accordance with the manufacturer's instructions. A functional check of the steriliser must be carried out regularly and the appliance must comply with the EN 13060 standard.
3. A log with date and batch number must be kept for each sterilisation process.

i. Treatment of customers

Body part of the customer to be treated, procedure:

1. The area of the body to be treated must first be thoroughly cleaned and then immediately disinfected.
2. If necessary, shave with disposable razors.
3. Disinfect again with a tested antiseptic.
4. It must be possible to remove consumables from tubes, cans or similar containers in such a way that cross-contamination is ruled out.
5. Faultless working utensils must be used for the customer.
6. If necessary, the fresh wound must be disinfected with an antiseptic agent during and after stinging and must be treated professionally.

j. Care instructions

Wound healing, risk of infection, risks:

1. Customers must be informed verbally and in writing about the care of the fresh wound and must be made aware that in the event of any infection or other complications they should contact the shop carrying out the treatment and a doctor directly.
2. Customers must be made aware of the existing dangers and risks.

k. Customer questionnaire

Self-protection from the law, prevention of any risks for the customer and the person carrying out the work:

1. A list of conditions for which treatment should be carried out either or only after medical clarification and with certain precautionary measures must be presented to the customer for information. This must be signed by the customer and treated with absolute confidentiality.

Examples:

- Cardiovascular problems Moles or other skin deformities
- Chronic skin diseases
- certain infectious diseases that can be transmitted through the blood (e.g. hepatitis, AIDS)
- Pregnancy and breastfeeding
- Contact allergies
- Diabetes
- Medication

2. The customer questionnaire should contain the following sentence: "If information is withheld that could endanger the health or even life of the customer or studio staff, legal action may be taken."

I. Emergency measures

(Immediate) measures to be taken in the event of accidental contact with blood and other body fluids of third parties:

1. Immediate measures: Details can be found in the annex to this guideline.
2. Medical measures: Details in the appendix to this guideline.

4 Basic prerequisite for practising the profession independently

Age, training, courses, exams:

1. The minimum age for practising a profession mentioned in this document is 18 years.
2. The persons should have completed comprehensive training recognised by the associations with performance requirements or equivalent training and, where applicable, have passed the required examinations.
3. Persons who wish to take up the profession of piercer, tattooist or derma-pigmentologist must work under the supervision of an experienced professional for a period of time specified by a professional association.
4. For the independent practice of the tattooing profession:
 - Self-employed practitioners who worked in this profession before the entry into force (1 January 2006) of the FDHA Ordinance on Human Contact Articles of 23 November 2005 must be able to demonstrate at least 5 years of professional experience.
 - Self-employed practitioners who have been practising this profession since the entry into force (1 January 2006) of the FDHA Ordinance on Human Contact Articles of 23 November 2005 must be able to provide confirmation of 2 years of practical training and 3 years of training, including a training plan. The training must have been carried out by a tattooist recognised by a professional association, whose professional experience at the start of the training was demonstrably at least 5 years.
5. For the independent practice of derma-pigmentology:
 - Self-employed practitioners who worked in this profession before the entry into force (1 January 2006) of the FDHA Ordinance on Human Contact Articles of 23 November 2005 must be able to demonstrate at least 5 years of professional experience.
 - Self-employed practitioners who have been practising this profession since the entry into force (1 January 2006) of the FDHA Ordinance on Human Contact Articles of 23 November 2005 must be able to provide evidence of training as a beautician EFZ, FA, HFP or beautician with a diploma from a technical college.
6. The profession-specific further training courses prescribed by associations must be completed.
7. The hygiene requirements listed in this guideline must be complied with and confirmed by regular inspections. Information on this and other useful information can be found on the websites of the professional organisations:

Association of Swiss Professional Tattooists
VST www.tattooverband.ch

Swiss Piercers Association
www.piercerverband.ch

Swiss Professional Association for Permanent
Make Up PMU www.permanentmakeup-verband.ch

This guideline was drawn up in cooperation with the professional associations and is recommended for use by the FSVO in application of Article 9 of the "Ordinance of the Federal Department of Home Affairs of 23 November 2005 on articles for human contact".

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Appendix

Emergency measures

1 Immediate measures

In the event of contact with blood or other body fluids, wash hands and/or other parts of the body with soap and water and disinfect with e.g. 70 % alcohol.

In the event of contact of the eyes or mucous membranes with blood or other body fluids (contaminated with blood), rinse immediately and sufficiently with water or physiological saline solution.

In an event where there is a risk of infection through blood (through sting or injury, transmission to mucous membranes or contact with damaged skin), a doctor must be consulted immediately.

2 Medical measures

Record the name and address of the person (customer) who supplied the blood in the accident or arrange for a blood sample to be taken from this person (customer) immediately (by a doctor or hospital and to clarify the transmission of infection).

The doctor consulted by the injured person (gym member) must determine the severity of the risk of infection and take the necessary prophylactic measures (post-exposure prophylaxis, PEP): Prevention of the spread of infection after contact with the infectious agent (administration of anti-HIV medication within 1 - 2 hours, depending on the situation; anti-hepatitis B immunoglobulin and vaccination against hepatitis B within 48 hours, depending on the vaccination status against hepatitis B), immediate determination of antibodies against HIV and hepatitis C as well as after 3, 6 and 9 months. If necessary, additional determination of transaminases. The doctor must advise the injured person on the measures to be taken for themselves and to avoid possible transmission to third parties (e.g. "safer sex", no breastfeeding).

The person concerned (studio employee) must be informed in the event of an incident involving a risk of transmission. The case must be reported to the responsible insurance company as an occupational accident. If the report is accepted in the legal sense, the costs of the medical measures will be borne by the insurance company. It is essential to have carefully prepared documentation proving the infection on the basis of blood samples taken immediately after the injury, after 3 and 6 (possibly after 9) months.

Reference notes: http://www.sohf.ch/Themes/Nettoyages/2869_31_D.pdf

Brochure "Prevention of blood-borne infections" (SUVA 2007). Recommendations for occupational groups outside the healthcare sector. Chapter 4.7 "Activities in which instruments can be contaminated by blood"

For secondary prevention measures by the doctor, please also refer to the SUVA publication "Prevention of blood-borne infections in the healthcare sector" No. 2869/30. Detailed and updated information on the procedure following exposure can also be found on the Internet at http://www.sohf.ch/Themes/Liq_Biol/2869_30_D.pdf.