

Proposed solution

Gloves - Arguments and Counterarguments

Argument:

"But I can't wear gloves, because I have no sensitivity with them!"

Counterargument:

"The sensitivity will return after a while! Even wearing two pairs of gloves at once, doctors can conduct operations – and they need a great deal of sensitivity too!"

Of course, wearing gloves seems a bother at first when one has always worked without them. Because all at once the sense of touch is reduced.

But studies show that one can acquire the skill of working with gloves, and that the tactile sense comes back after a time. It is important that one continues to try it out, and above all that one is patient with oneself in the beginning. After all, every hairdresser must also learn to cut hair and practice, until the techniques are second nature!

An important precondition is that one has gloves that fit properly, because no one can carry out tactile-sensitive activities with gloves that are too large or too small.

Argument:

"But I can't wear gloves, because I have no time for them and can't be continually changing them!"

Counterargument:

"Place the gloves 'within reach', e.g. on the Boy! A smoker always has his cigarettes at hand too, and when you have become accustomed to it, changing gloves takes only a few seconds. Besides, you definitely have no time to have to take sick leave because of a skin disease, right?"

Good organization on the job saves time and simplifies the wearing of gloves! That means the gloves should be lying ready at every location where they are needed, e.g. on the Boy or at the workplace where the hair colouring agents are prepared.

Changing gloves is a matter of practice, which goes more quickly after a short time and becomes a habit, just like fastening the seatbelt when driving a car.

Besides, it is obviously important to make the necessary time for wearing gloves, because in the end you are dealing with your own health! Every human has only two hands and they must be protected whenever it is necessary. And once the skin has a disease, a long period of sick leave may be required. Don't let things reach that point, as no one has "time" for that!

Argument:

"But I can't wear gloves, because gloves are not fashionable and modern!"

Counterargument:

"The choice of colours is enormous! Surely there is a colour that will please you and fit well in the salon. Besides, raw, dry and red hands are not fashionable and modern either, right?"

By now there are gloves on the market in various colours – blue, green, white, transparent, violet, skin-coloured, and many others. Surely there is a colour available that can satisfy you and fit well in the salon.

In addition, wearing gloves is, above all, about protecting the hands. A skin disease with raw, dry or red hands does not look particularly pretty, especially in the hairdressing profession with its emphasis on beauty. Therefore a hairdresser should set a good example and cut her or his customers' hair with beautiful – that means healthy – hands!

Argument:

"But I can't wear gloves, because there are no gloves that fit me!"

Counterargument:

"Yes there are! There are many different gloves and materials. You should try out a number, until you find the right ones! In a shoe store you don't buy the first shoes you see, but rather try several pairs on!"

For a long time most gloves were made of "polyethylene" (PE), making them look like "bags" and fit poorly. Fortunately those days are gone. These days there is a large selection of gloves on the market made of different materials (for example "nitrile" and "vinyl") which lend themselves to a much more natural fit.

By the way: with gloves it is the same as with shoes: no shoe fits everyone, and by the same token there is no glove which is right for every hairdresser's hands. Therefore it is worthwhile to try out different gloves until you have found some which work for you. It is also important that gloves in different sizes are available in the workplace. After all there is a shoe to fit every foot and no one has to go barefoot...

Argument:

"But I can't wear gloves, because sweating inside the gloves will harm my skin!"

Counterargument:

"It harms the skin much more when it has contact with hair colouring agents, shampoo and cleaning agents and you wear no gloves. Change the gloves more frequently or put on thin or fingerless cotton gloves underneath them!"

It is true that sweating in waterproof gloves is also hard on the skin, because it can dry out the skin. That is, however, no reason not to wear gloves, because contact to hair colouring agents, shampoo and cleaning agents irritates the skin much more.

In order to minimize the damage to the skin from wearing gloves, the gloves should be exchanged regularly and the wearing time of the gloves kept as short as possible. It is crucial, of course, that gloves be worn only when it is really necessary.

Did you know? When wearing waterproof gloves for a longer period, thin cotton gloves can be worn under them. This absorbs the sweat and keeps the skin dry for a while.

Argument:

"But I don't need gloves, because I prefer protective skin cream!"

Counterargument:

"Protective skin cream is not a substitute, because it can never protect the skin as well as gloves!"

Studies show that a protective skin cream can never offer the same protection as gloves, because it is not completely impermeable and gets worn off. Therefore it should not be considered an "invisible pair of gloves"!

When the goal is to protect your skin from hair colouring agents, allergens and cleaning agents, nothing can replace an appropriate pair of gloves.

Argument:

"But I can't wear gloves, because they wear out quickly when I use them more than once!"

Counterargument:

"If you mean single-use gloves, you can only use them once anyway, because after one use they no longer protect you!"

Single-use gloves are used for many activities in the hairdressing trade. But the name must mean what it says here! Single-use gloves means single-use gloves, because they must be disposed of after they have been used once. Even if they appear to be intact they are not suitable for repeated use. They can no longer offer protection then, because studies show that after the first use small tears and holes already appear.

You should not save in the wrong place and use single-use gloves again just to save money. They are not made for that!

Argument:

"But I can't wear gloves, because the customers don't trust in my skill with gloves!"

Counterargument:

"On the contrary! A hairdresser who can work with gloves is especially skillful. After all, doctors can operate with gloves too. And if customers ask about it and I inform them about skin protection, I show my competence at the same time!"

The wearing of gloves does not inhibit your abilities. Doctors can conduct operations, in which they of course also need much fingertip sensitivity, even while wearing two pairs of gloves at once. Working with gloves involves one thing above all: practice! All studies support this. The most important thing is for you to have patience with yourself at first.

If customers should ask critical questions about why a hairdresser wears gloves, it is often due to a lack of knowledge. A hairdresser who can explain why the subject of skin protection is important demonstrates, above all, her or his own competence and shows how much the hairdressing profession means to him!

By the way: there are many gloves that feel comfortable to the customer during a scalp massage and do not “pull” at the hair. Try it out with a colleague!

Argument:

“But I can’t wear gloves, because I can’t judge the water temperature with them on!”

Counterargument:

“Yes you can! With thin single-use gloves one can almost always feel differences in water temperature! Besides, I always ask my customer anyway, whether the water temperature is comfortable.”

Most single-use gloves are only about 0.1 mm thick. Therefore it is normally easy to judge the water temperature and minor temperature differences through this thin layer. But here also: the more one does it, the better they will be able to judge it!

And when shampooing, it is normal anyway to ask the customer if the water temperature is comfortable – and to adjust it if need be.

Argument:

“But I can’t wear gloves, because the customers will think hair colouring agents are harmful!”

Counterargument:

“There is a difference between customers having their hair coloured every 6 weeks, and a hairdresser having skin contact with hair colouring agents several times a day! Frequent contact can irritate the skin and every customer should understand that when you explain it.”

A well-known saying goes “the poison depends on the dosage“. This saying is appropriate when dealing with hair colouring agents and other irritant influences, because it is above all the constant or repeated contact which is hard on the skin.

When having their hair coloured, customers themselves have only occasional contact to the colouring agents. This is different with the hairdresser, who colours the hair of many customers in a single day. There is far more frequent contact to the colouring agents, which irritate the skin and in the worst case can also provoke allergic reactions. Customers can understand this too if you explain it to them.

And what customer wants to have her hair cut or treated by a hairdresser with raw, dry or red hands?

Argument:

"But I can't wear gloves, because I'm afraid to ask my employer for gloves!"

Counterargument:

"But you should! Because your employer is obligated to make gloves available for you. Besides, he should have an interest in having a healthy employee with attractive and well cared-for hands, right?"

Every employer is obligated to make appropriate personal protective gear, that means including gloves, available in the workplace. This of course applies to hairdressing salons too because there are many substances in them which can harm the skin with repeated contact, e.g. hair colouring agents, shampoo, water and cleaning agents.

It is important to ask your employer to discuss this with you and to speak to him/her about the subject objectively. Such a request demonstrates an employee's concern about her/his own health and work capacity. And it is in every employer's interest, because only with healthy and well cared-for hands, the most important working tools, can employees be at their best in the workplace.

Argument:

"But I can't wear gloves, because gloves are too expensive!"

Counterargument:

"On the contrary: wearing gloves saves money! Because when one cannot work due to a skin disease, it is much more expensive!"

It may sound contradictory, but spending money to buy gloves saves money!

When a hairdresser loses a single day due to a skin disease and cannot work, the costs that occur through this loss of work are so high that they could pay for a year's worth of gloves! And with skin diseases in particular, as a rule, the amount of time that one is unable to work is longer than one day!

By the way, gloves are not at all as expensive as you might think! As with all products, there are different manufacturers and a price comparison is often worthwhile. When they are ordered in bulk, money can usually be saved. And calculations show that an employer must invest only about 1% of total sales in order to protect her/his employees.

As a rule one should not save in the wrong places, because with hand protection we are of course not talking primarily about money, but about one's own health!