

PERSONAL GROOMING STANDARDS

Students, both male and female, shall conform to the following grooming standards as established by the EMC Department. These standards reflect those of the industry and the public we serve.

A. All Students –

1. **Hair** – Hair shall not extend below nor shall it touch the uniform collar.

Hair shall be cut short enough to comply with this standard or must be kept up to conform with this standard. Barrettes, bands and combs used in the hair must blend with the hair color. No decorative patterns (insignias, slogans, “mohawk”, etc.) shall be cut into the hair. Hair color shall be a single naturally occurring shade. Any acceptable hair style, color, length, etc. must be established by the beginning of the course and must be maintained for the duration of the course.

2. **Sideburns** – Sideburns shall be neat and not excessively thick. Sideburns shall not extend below the middle of each ear and shall be a maximum of ½” in width.

3. **Facial Hair** – A moustache may be worn, but not started while in the program. Moustaches shall not extend beyond the lowest part of the top lip and shall not exceed a width of three-fourths inch to the side of the corner of the mouth. The moustache may cover the vermillion on the top of the lip, but cannot extend beyond it. Any acceptable moustache must be established by the beginning of the course and be maintained for the duration of the course. Notwithstanding a moustache, students shall be clean shaven at all times while in attendance of any training program activity (class sessions, clinical experience, mentoring experience, etc.) Beards, goatees or facial hair other than a mustache as described are not permitted.

4. **Make-up** – The wearing of facial make-up shall be kept subdued and at a minimum. Highly contrasting make-up is not permitted. No false eyelashes shall be worn.

5. **Jewelry** - No jewelry of any kind, except wedding rings is permitted. No earrings or other visible body jewelry are to be worn (this restriction includes tongue rings, posts, “industrials”, lip, nose or eyebrow studs or rings and any other jewelry not specifically exempted by this policy) at any time during training, clinical experience or while on PSTC grounds. Provider agency policy may dictate more stringent requirements, and shall become the rule while with that provider.

6. **Fingernails** - Fingernails should be kept short in order to avoid injury during manual skills & activities.

C. General - All students are required to maintain proper personal hygiene. Dirty fingernails, bad breath, body odor, dirty or unkempt hair, unshaven or poorly shaven faces or facial hair that does not comply with the standards of this policy are all conditions that do not meet PSTC standards. No visible tattoos shall be allowed at any time. SRJC PSTC uniforms are to be worn only during official EMC program activities (e.g. field ride-along time, MCI/HAZMAT, Patient Packaging, class time, special practice time at PSTC, Mentoring, etc.). **At no time will the uniform shirt or PSTC T-shirt be worn outside of EMC program activities as specified above.**