



HEALTH LICENSING OFFICE

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(The *Tattooer's Guide to Warming Up*) - (CES100-SP)

TATTOOER HEALTH CLUB (THC)- ACCREDITED COURSE PROVIDER FOR TATTOO ARTISTS

Course Instructions for Continued Education for in the state of Tattoo Artists Oregon:

1. Course agenda – This course will follow a continuous 2.5 hour duration with no break. This course is prerecorded and time will be allotted as needed with the ability to pause content during the course training. There will be no option for fast forwarding during the time of the course training.
2. Course content description – During this course the applicant will follow the initial objectives of understanding why we need to prepare muscles prior to tattooing with specific muscle activation, learn tattooer specific static and dynamic exercises to use during hourly maintenance routine, Learn basics for upgrading and downgrading exercises, Learn basic recovery straightest for muscle maintenance. The goals focus on applicants completing video course work and perform exercises during training for compression and carry over, applicants will be able to take action and apply newly learned course material.
3. Instructor Biography – Jordan Signorelli has been a licensed and registered occupational therapist with a Masters degree in Occupational Therapy, Bachelor's degree in Health Science, Bachelor's degree in Health Science that were obtained in 2016. Jordan has a history of experience working with at risk and underserved populations, working in hand therapy and upper

extremity muscle and nerve pain as well as teaching and applying industrial interventions and rehabilitation focused within the tattoo industry since 2018.

4. The method of recording satisfactory course completion. Here are the following **four** strategies to ensure completion for credit:
 1. *The attendance will have digital tracking to be monitored to make sure an attendee stays for the entire course.*
 2. *Attendees will receive their documentation within the digital platform showing that they completed the course(s) for review or if audited by state.*
 3. *At the time of completion this company will hold a document of completion within the tattooer health club (Inked Ergonomics LLC organization). If audited by the HLO (kept by registering applicants in an electronic tracking software system and digital copy which should be downloaded and kept for personal records a hardcopy certificate). Therefore, if the attendee is audited by the HLO office in the future, this documentation can be provided to the HLO office at the time of audit to show proof of attendance/completion of course.*
 4. *THE TATTOOER HEALTH CLUB will maintain attendance and completion documentation to abide by the requirements listed in Oregon Administrative Rule (please refer to the profession specific Oregon Administrative Rules for CE to obtain your answer)?*

TATTOOER HEALTH CLUB General Information for CONTINUED EDUCATION HOURS:

Tattooer Health Club hours approved are based on the agenda and supporting documentation submitted.

The Tattooer Health Club **DOES NOT** approve time for the following types of activities (this is not a comprehensive list, examples only):

- Registration
- Networking
- Welcome Messages
- Introductions
- Orientation to the Agenda
- Overviews of the Day
- Breaks / Lunches
- Wrap up of the Day

License Course Domain:

- Safety

The Health Licensing Office WILL NOT COLLECT CONTINUED EDUCATION CREDITS AND IT IS THE RESPONSIBILITY OF THE LICENSE HOLDER TO KEEP TRACK OF ALL DOCUMENTS FOR:

EBAP = Electrologists and Body Art Practitioners (Tattoo Artists)

Please DO NOT SUBMIT THIS TO THE HLO OFFICE. KEEP FOR YOUR OWN RECORDS AS WILL PERFORM YEARLY AUDITS FOR MAINTAINING THE APPROPRIATE AMOUNT OF HOURS.

IF YOU DO NOT HAVE THE AMOUNT OF HOURS YOU WILL BE AT RISK OF LOSING YOUR LICENSE AN/OR FURTHER LEGAL PENALTIES OR DISCIPLINARY ACTIONS AGAINST YOU.