



Registered in England & Wales
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Skin Care

Despite best efforts in most places it is inevitable that during the working day the skin will come into contact with a variety of substances, which if left on the skin would eventually cause damage. In addition, the cosmetic appearance of the soiled skin may be unacceptable. High or low humidity, adverse weather conditions, exposure to the sun, physical exertion and wearing of personal protective equipment etc will have their effect on the skin.

It is important that we: -

- Remove potentially hazardous soiling before it has time to damage skin.
- Ensure that risks of cross infection are kept to a minimum.
- Keep our skin in a socially acceptable healthy condition.
- Work to repair skin damage caused by the environmental conditions or activities undertaken.

Keeping our skin safe involves: -

- Guarding against.
- Damage from dermatitis or corrosive agents.
- Absorption into the body via the skin.
- Radiant heat damage.
- Cold damage.
- Physical damage.

It is important to ensure that gloves, aprons or garments are suited for use with the chemicals/hazards of which they are to provide protection against.

Cleansing of the skin is important and basic rules to follow are: -

- Remove soiling frequently.
- Use the correct cleanser.
- Rinse hands only in running water at the correct temperature.
- Dry the skin properly.

NB: Funny as it may sound in general, hands should be washed before going to the toilet as well as after. This ensures that chemicals that are potentially toxic to the skin are not passed to the genital area, which in itself can increase the risk of damage to internal organs.



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Conditioning of the skin is also important as our skin needs moisture, in order to remain soft, elastic and mobile. It is thus, important that you: -

- Apply barrier creams before work.
- Reapply barrier creams during the day.
- Regularly use after work moisturisers.
- Ensure that creams used suit you as an individual.

Also, remember any skin problems should be reported to either the: -

- Person performing your monthly skin inspection.
- Your line manager.
- Your personnel officer.
- Your occupational health nurse.