

Workplace Instruction –
Personal Protective Equipment



Hand and Skin Protection

Guidance for safety briefing

Why is it important to protect the skin?

Facts

The skin is an important barrier between body and environment. Influences of the work place may overstrain the natural protective ability of the skin and ultimately cause skin diseases - the most common of occupa-

tional diseases. In the worst case, this could actually lead to permanent disability.

But we can protect the skin against these damaging workplace influences!

Tip

Protective measures only work if they are applied correctly.

Which hazards exist?

A build up or film of hydro-lipids is permanently in place on the surface of the skin. This is the first barrier against damaging agents and disease-causing germs. The lipid film can be destroyed due to working in humid conditions for example in water, condensation water with cooling lubricants, frequent hand cleaning, skin irritating agents. The skin shows first signs of inflammation. If these signs are ignored, dermatitis could develop. Thus hazardous substances and germs could enter, pass into the bloodstream and lead to infections and organ damage. There is no early-warning system for UV radiation. The skin responds with sunburn when skin damage has already occurred. Skin aging and skin cancer may be the consequences.

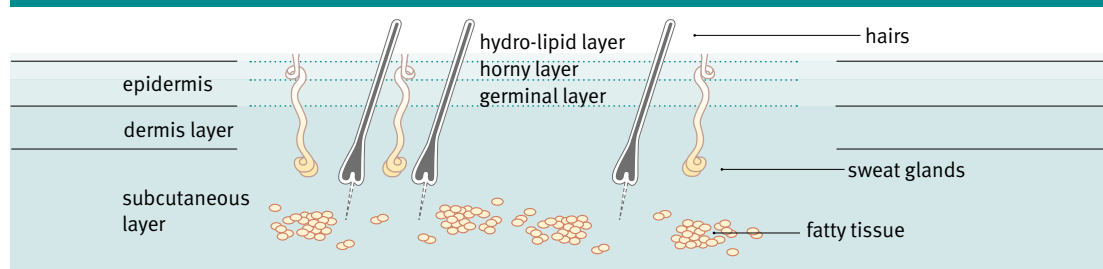
Occupational skin disease could include occupational eczema, symptoms are:

- Infection of the outer skin layer and nail bed
- Itching
- Skin redness
- Skin flakes
- Chapped and cracked skin
- Skin rash
- Blisters



Skin diseases that are not treated in time can lead to prolonged complaints and force affected persons to give up the harmful activity or even the profession.

Structure of the skin





Damaging influences

- **Chemical influences:** like for example, solvents that irritate the skin, alkaline solutions, acids that cause skin burns and leave scars.
- **Biological influences:** like for example contaminated solvents, waste water, blood or body secretions which could penetrate the skin and lead to serious damage, e.g. inflammation of the liver.

- **Physical influences:** like for example, sharp edges and ridges, mechanical strain, rough surfaces may cause injuries or inflammation. Humid works could de-fat the skin, cold weather may lead to frostbite, UV radiation could cause skin redness, skin burns and skin cancer.

Tip

The online portal for hand and skin protection of the BG ETEM offers user-friendly and comprehensive decision-making support in the selection of suitable

- Protective gloves
- Skin protection agents
- Skin cleansing products
- Skin care products

BG ETEM provides information on the subject in brochures, skin protection and glove plans.

www.basis-bgetem.de

How to protect the skin?

Correct behaviour helps protection. Skin cleansing materials must be suitable for the damaging agents. Hand disinfection according to the hygienic and disinfection plan. Control contamination of solvents, wear protective equipment and gloves.

Please follow:

- Hand and skin protection plan, the hygiene and disinfection plan, use suitable skin protection
- Glove plan, only suitable gloves will protect
- Adhere to occupational instructions, like for example first-aid measures for skin injuries
- Keep protective equipment, gloves and workplace clean
- Correct use of protective equipment
- Replace nonconforming protective equipment

- Make use of medical check-ups
- Take note of any changes in the appearance of skin. Contact the company doctor for advice
- apply skin protection cream onto clean, dry skin **before** starting to work, also apply cream to palms, nail bed and between the fingers



Apply skin protection cream to clean and dry skin before work. Apply skin protection cream to the back of the hand, rub in first there and then also on the palm of the hand. Don't forget the sensitive areas between the fingers and around your fingernails.

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