



# SKIN CARE AT WORK

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TOOLBOX TALK | MAKE HANDS MATTER IN THE WORKPLACE



# Why **Talk** About **SKIN CARE**?

To help prevent you from suffering **Work-Related Skin Disease**:

**EVERYONE**  
is at risk

**CAN LEAD TO**  
needing to  
change profession

Far more  
**COMMON PROBLEM**  
than you  
think

Can cause **LIFE**  
**LONG** health  
issues

**UNPLEASANT**  
to look at

Causes  
**DISCOMFORT**  
and **PAIN**



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# SAFE Practices

- **WE TAKE CARE** to minimize your exposure to hazardous contaminants and conditions
- We implement **SAFE WORKING PRACTICES** and the use of **PERSONAL PROTECTIVE EQUIPMENT** where appropriate
- **BUT** there are still many instances where your hands and skin will be directly exposed to potentially irritating and harmful substances and conditions



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# What Are The **RISKS?**

Everyday you are exposed to irritating substances and conditions that can be harmful to your skin e.g.

- Water based detergents / liquids / chemicals
- UVA/UVB sun rays and UVC rays from arc welding
- Mechanical oils, greases, solvents, cutting fluids
- Resins, adhesives, paints, sealants
- Dust, powders & airborne substances
- Abrasion from tools, components and materials you handle
- Sweating from wearing PPE such as gloves
- Even frequent hand washing, particularly if scrubbing



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# EARLY SYMPTOMS of Skin Disease

- Redness
- Itching, flaking and/or scaling skin
- Sore, cracked and/or bleeding skin
- Swelling of hands or fingers
- Blisters or welts on hands/fingers



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## WORK-RELATED

# Skin Disease – 3 Main Types

### 1. IRRITANT CONTACT DERMATITIS



- Has a cumulative effect
- Sometimes can cause pain and discomfort very quickly, other times can build-up over many years
- Can be very painful, but curable



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## WORK-RELATED

# Skin Disease – 3 Main Types

## 2. ALLERGIC CONTACT DERMATITIS



- Can be immediate or build-up over time
- You may be in contact with substance or material for many years before becoming sensitized
- Once sensitized to a substance or material, you are sensitized for life, **with no cure**
- Pain and discomfort will be immediate upon contact with the substance or material you are allergic to



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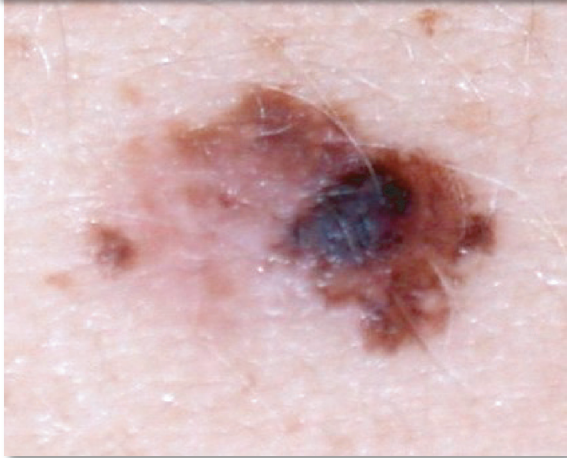




## WORK-RELATED

# Skin Disease – 3 Main Types

### 3. SKIN CANCER



- Caused by contact with UV rays or carcinogenic materials such as used mineral oils (engine/ machine), coal tars and pitches



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# What TO DO?

- Be aware of the risks around you
- Ensure you follow our safe working policies and wear PPE as recommended
- Check your skin; if it becomes dry, sore or chapped you are at increased risk of skin disease
- Discuss with your supervisor if you are not sure what to do
- Use the skin care products provided



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# Hand Washing Only is **NOT ENOUGH!**



To keep hands strong and healthy use **Protect** and **Restore** creams before and after working

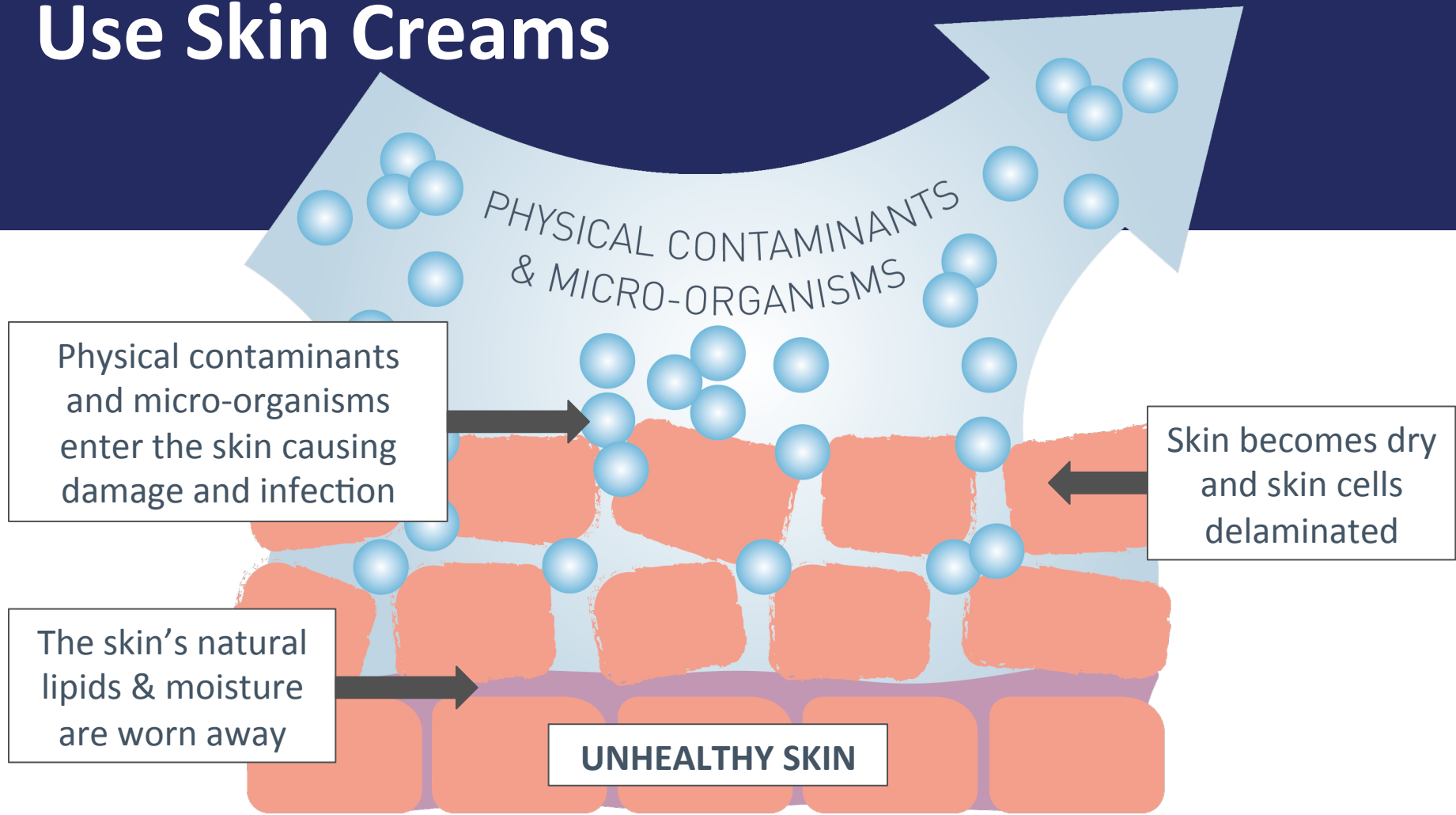


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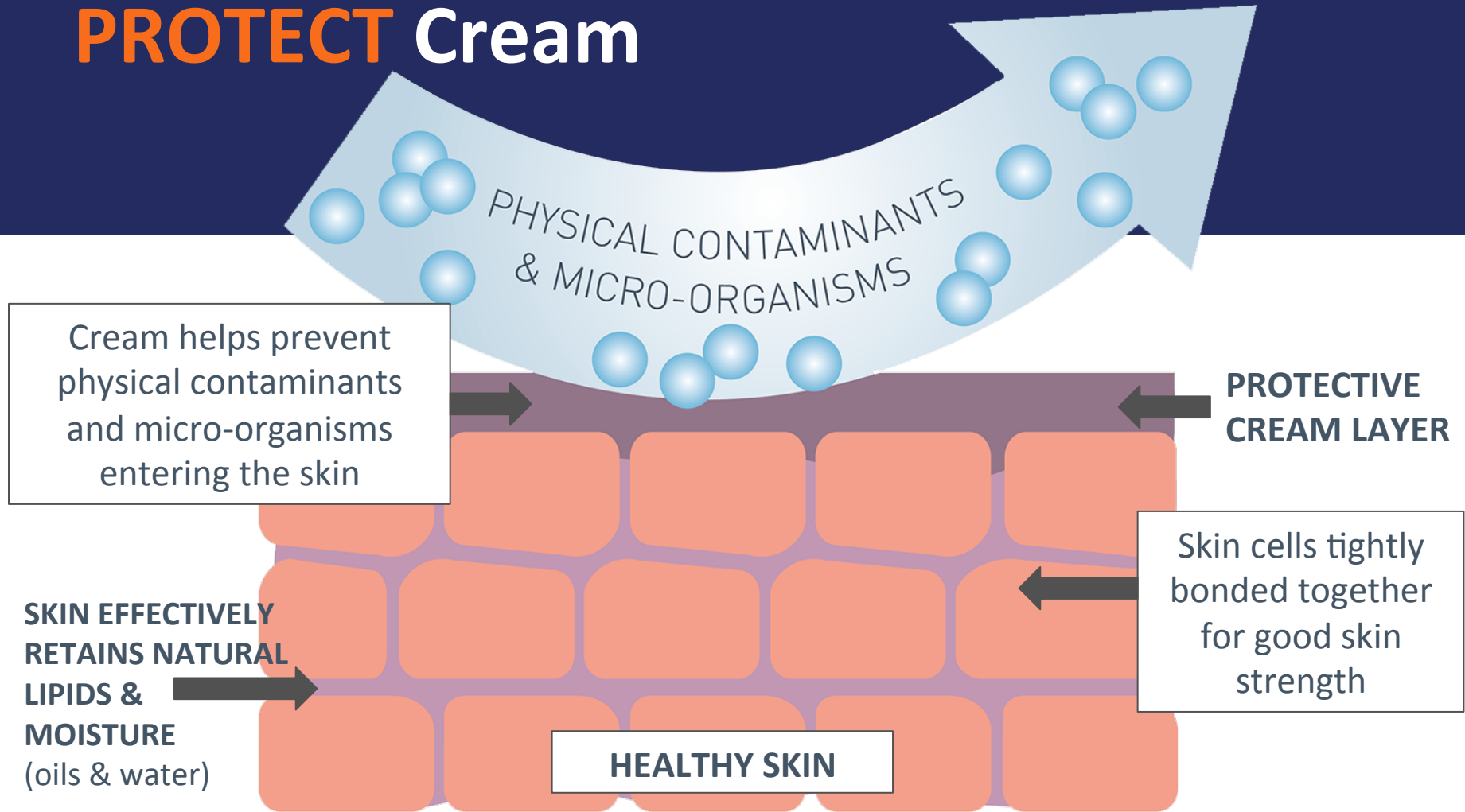
# What Happens When You **DO NOT** Use Skin Creams



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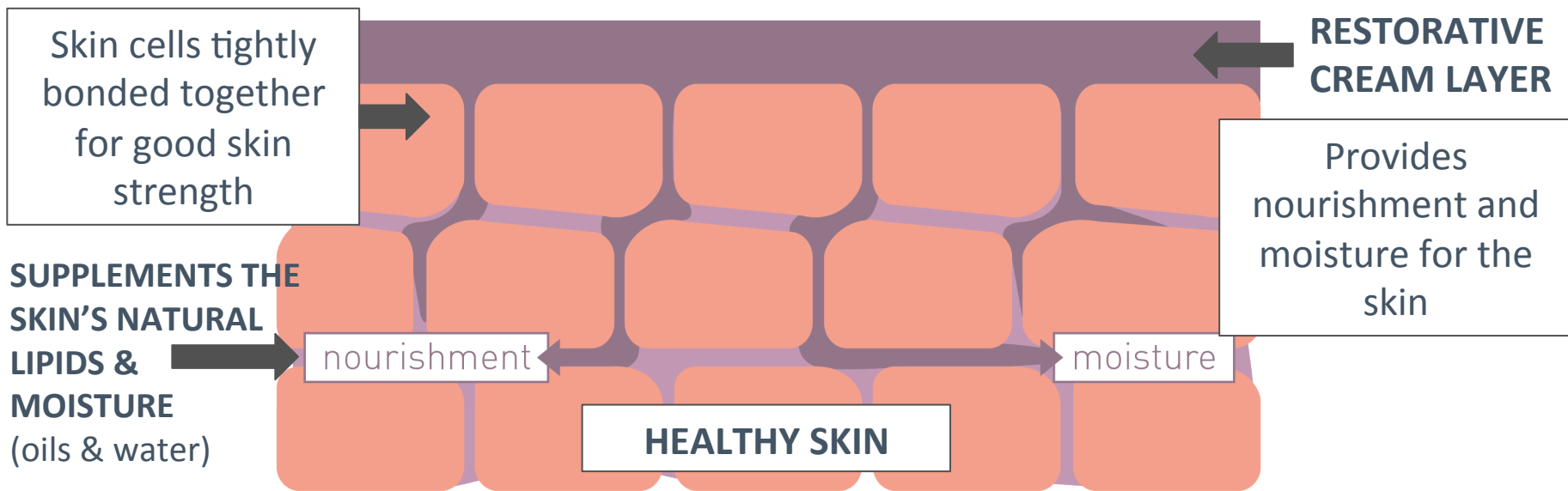
# Using **PROTECT** Cream



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# Using **RESTORE** Cream



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# HOW TO USE Creams



## USING A DISPENSER

Apply **ONE SHOT** from the dispenser



## USING A TUBE

Squeeze **dime SIZED SHOT** on to the hand



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# HOW TO USE Creams

RUB ALL OVER HANDS FOR **20-30 SECONDS**



1 Apply to the back of your hand



2 Rub hands back to back



3 Rub hands palm to palm



4 Rub between fingers



5 Work around fingernails



6 Rub around thumbs & index fingers



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# WHEN TO USE Creams

## Protect Creams

- Apply before you start each work period
- Reapply after washing hands
- Reapply at least every 3 hours



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# WHEN TO USE Creams

## Restore Creams

- Apply after-working, either at the end of your shift or before a long break from working, such as lunch break
- Apply at least once daily



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Don't forget, speak to your supervisor  
if you have any concerns



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