

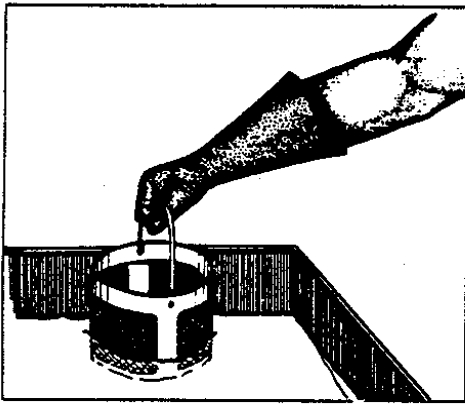
# SKIN PROTECTION AT THE WORKSITE

## *How To Keep Your Skin Healthy and Injury-Free*

Healthy, glowing skin is something that we all admire. Perhaps that's why skin problems and injuries can be so physically and psychologically hard to cope with. And, when you consider that skin problems account for about two-thirds of all industrial illnesses, you can understand why on-the-job skin protection is so important.

### Common Skin Irritants

Among the most common causes of skin irritation, disease, and injury are overexposure to extreme temperatures or radiation, chemical substances (such



as solvents, alkalis, acids, etc.), biological substances (viruses, bacteria, fungi), and plant substances (such as the oil in poison ivy, oak, and sumac). Whenever possible, it is wise to avoid contact with such irritants.

If you work with or around substances known to cause skin problems, your company can help identify those hazards, advise you about safe work practices, and provide personal protective equipment to help ensure that your skin remains healthy and well-protected.

### Safe Work Practices

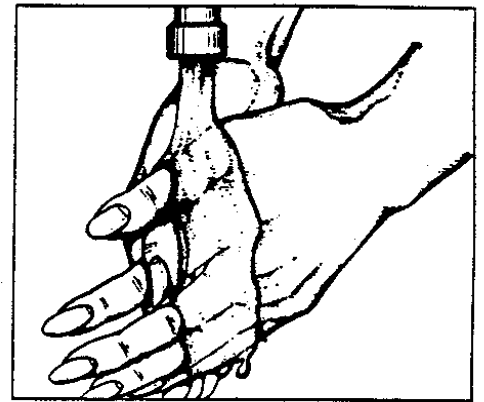
*Before* working with any irritating substance, be sure you know exactly what it is you are working with. Chemical substances must be clearly labeled, and Material Safety Data Sheets (MSDSs) must be made available to advise you on the proper use, transport, and storage of such chemicals. MSDSs also advise about the appropriate personal protective equipment needed

to ensure your safety. If you work around irritants, remember to wash frequently (shower after work, if possible), change work clothes daily to avoid recontamination, and wash your work clothes separately from the rest of your laundry. It is also important to keep your work area clean to help guard against accidental exposure to harmful substances.

### Personal Protective Equipment

In addition to safe work practices, your employer may recommend that you use personal protective equipment (PPE) to further protect your skin from possible irritants. You may

be required to wear work gloves, barrier creams, protective clothing (such as aprons or coveralls), boots, safety glasses or goggles, face shields, respiratory protection, or any combination of the above. If personal protec-



ive equipment is required, be certain that it is job-rated for the specific hazards you face, that it fits well, and is in good operating condition.

Your employer may recommend that you use personal protective equipment (PPE) to further protect your skin from possible irritants.

### Remember...

In spite of our best efforts, accidents may happen. If your skin is accidentally exposed to a harmful substance you can greatly reduce your risk of serious injury by knowing first aid procedures. It helps to know the location of the nearest emergency shower or eye wash so that you can act quickly if an accident should occur. If you experience pain, swelling, itchiness, blistering, or signs of infection seek medical attention as soon as possible.