

University of
HUDDERSFIELD

Skincare Guide for Students and Staff



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The skin is the body's first line of defence against physical, chemical and microbiological hazards. It is exposed to a variety of substances and environments which can aggravate it both at work and home. Prolonged exposure to some substances, even water, can challenge the skins protective mechanism leading to Dermatitis. Risk is higher in individuals with pre-existing skin conditions, such as eczema.

The main features of dermatitis are:

- Dry, flaking, red and itchy skin
- Swelling and soreness
- Blistering, cracking and pain



If not picked up early and treated effectively Dermatitis can potentially lead to skin infections, increased risk of cross infection and affect an individuals' fitness to do their job.

If you notice any skin changes it is important to seek medical input immediately via your GP or advice via University Occupational Health Department.

Hand Care Dos

Use a mild soap whenever an antiseptic is not needed

Wash, rinse and dry your hands thoroughly with non-abrasive hand towels

Cover cuts, grazes or lesions with a permeable waterproof dressing

Apply emollient hand cream / lotion - first thing in the morning, during breaks at work and at the end of the working day, allowing sufficient time for the cream to be absorbed before putting on gloves

Avoid direct contact with irritants.

Do seek advice if you have any work-related skin concerns.

If you have a pre-existing skin condition affecting your arms and hands, speak to your mentor, supervisor or placement Occupational health department for advice regarding provisions for alternative skincare products.

Hand Care Don'ts

Don't use oil based creams under the gloves, this will degrade the material

Don't use communal pots of hand cream

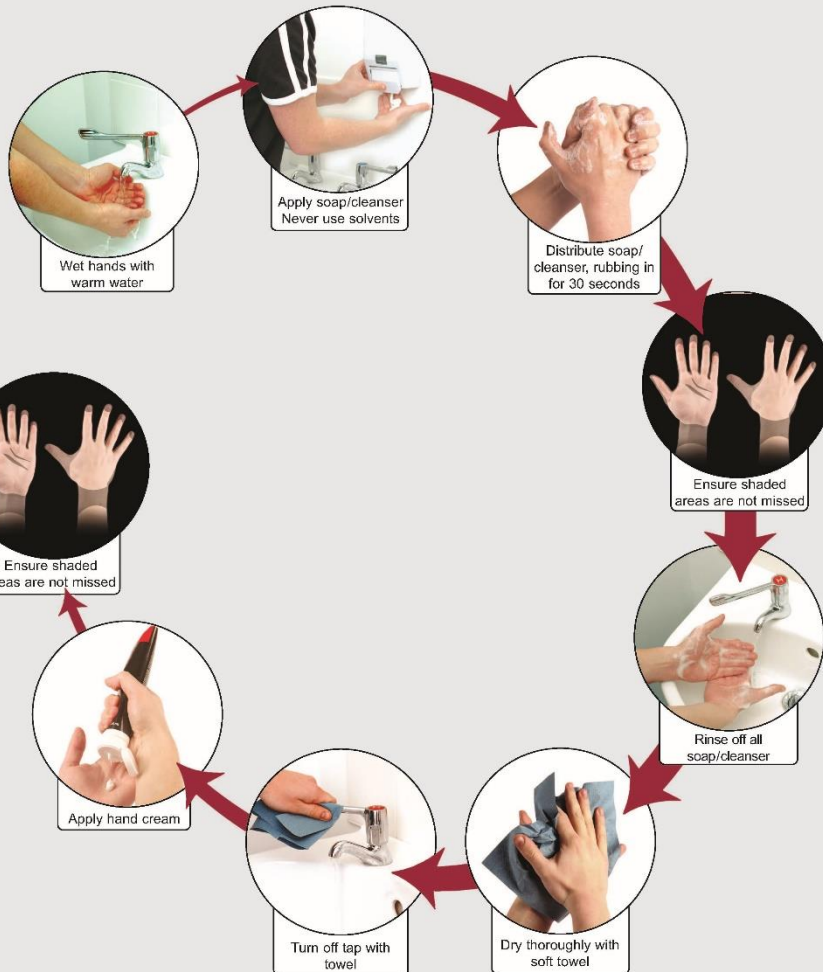
Don't expose your hands to extreme temperatures

Don't ignore symptoms

Skin care

Hand washing and applying hand cream

Follow the steps shown



www.hse.gov.uk