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How to protect your skin at work

Avoid



Reduce contact with materials that cause dermatitis and substitute hazardous substances with safer alternatives

1

Cover



Wear gloves that fit and are suitable for the substance, work environment and type of work.

2

Apply



Use barrier creams to make it easier to remove dirt when you are washing your hands.

3

Wash



Wash your hands promptly with a cleanser after you complete a task or after contamination.

4

Moisturise



Apply an emollient like a cream, moisturiser, or conditioner every time you have washed your hands.

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