

University of Warwick – Looking after you - Skin Care

Skin care is taking preventative measures to protect the skin in order to reduce the risk of developing a skin disease. It can be as simple as ensuring the skin is clean and free from contaminants, the use of appropriate gloves or other protection and ensuring the skin is moisturised.

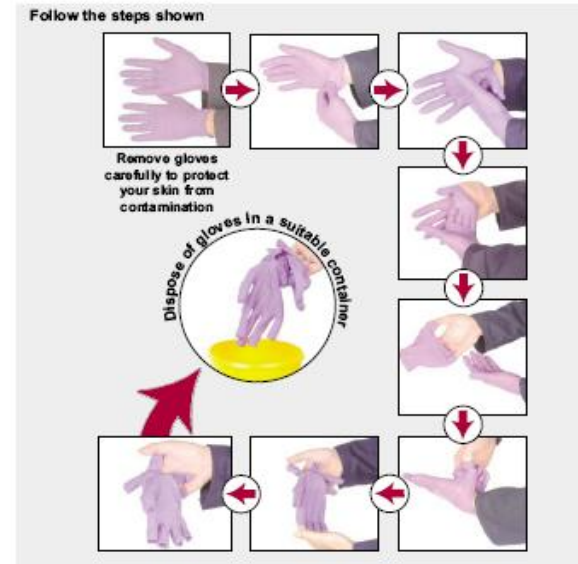
Follow these simple steps to ensure you minimise the risk of an illness or injury

- Cover any grazes and cuts with a waterproof dressing
- Wear appropriate and correctly sized gloves and replace when they become contaminated or damaged
- Ensure any skin contamination is washed with copious amounts of water
- Always wash hands before leaving the laboratory and before eating, drinking, smoking.
- Apply afterwork cream (moisturiser) regularly to ensure skin retains its moisture. This is fundamental in preventing skin conditions such as dermatitis and exzema.
- Avoid touching eyes when wearing gloves. If your eyes are contaminated wash out immediatly with eye wash shower.

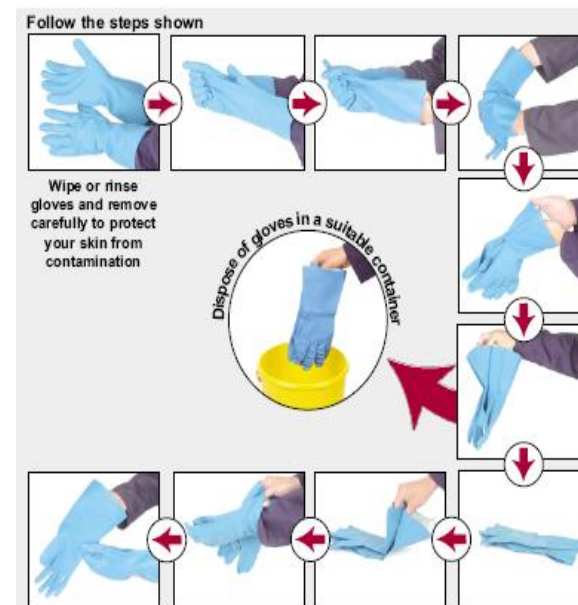
Report any skin conditions to your Supervisor who will refer you to the Occupational Health Department.

Correct removal of gloves

Single use gloves (splash resistant)



Reusable gloves (chemically resistant)



The above information is supplied courtesy of the HSE