

Skin Protection

Handout

Protect Your Skin so It Can Protect You



Your skin helps protect you from many workplace hazards, but you have to help protect your skin as well. Always remember to:

- ☐ Read the safety data sheet (SDS) thoroughly for any substance you will be working with before beginning the job.
- ☐ Follow its instructions and use proper personal protective equipment (PPE).
- ☐ Use the least hazardous substance that will do the job.
- ☐ Treat cuts and skin abrasions to guard against infection and prevent hazardous substances from irritating your skin or entering your body.
- ☐ Apply barrier creams and lotions to clean, nonirritated skin when gloves cannot be used for protection.
- ☐ If you come in contact with a skin irritant while working, stop and wash immediately.
- ☐ Always wash your hands thoroughly with soap and water at the end of your shift, and dry them carefully.
- ☐ Report any skin problems that develop on the job—seek medical help promptly if you have persistent irritation or other symptoms of skin disease.