Talk No: 6	Title: SKIN PROTECTION

Introduction: Occupational dermatitis is a common health problem within the construction industry. Potential causes include cement, pitch, tar, paints, varnishes, brick, stone and plaster dust, mineral oils, organic solvents, thinners, petrol, and white spirit, to name but a few. It most commonly affects the hands, forearms and legs, but in dust, mist and/or fume form it can also affect the face, neck or chest, etc, (any exposed area of the body). Some types of dermatitis, if untreated, can result in cancer.

Main points:

- Look for the hazard warning signs on substance containers.
- Avoid contact with potential causes so far as is reasonably practicable, where contact is unavoidable wear suitable PPE.
- Report any rashes, warts and/or skin complaints to the site manager, nurse or family doctor as soon as possible.

Discussion points:

- Get first aid for any cuts and grazes and keep them covered.
- Keep your workplace clean.
- Keep your skin clean and use after wash cream.
- Use barrier creams where appropriate.
- Don't use abrasives or solvents to clean your skin.
- Don't wear oil contaminated clothes next to your skin.
- Don't let synthetic resins or glue harden on your skin.
- Don't work with irritant/allergic substances if you suffer from eczema or allergic rashes.
- Regularly inspect your skin for any possible signs – if in any doubt seek advice from a professional.

THE PURPOSE OF THE SKIN IS TO KEEP THE OUTSIDE OUT AND THE INSIDE IN

Notes:

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