



“3” a magic number for your skin

The skin is the **largest** human **organ**.

It is **important** to take care of as the skin is **vital** for **our health**.

The skin is a **barrier** against many harmful influences from the environment.

The skin is essential for the **regulation** of our **body** temperature and humidity.

The skin also acts as **warning** system for heat, cold and pain.

Your skin is potentially **attacked continuously** by :

Oil, fats
UV light (A,B and C range & sun light)
Solvents

Paints
Soaps, shampoos, hair products
Lacquers, waxes
Cold, heat

Micro-organisms
Wind, snow, rain
Contact with materials of gloves, footwear, clothing
Rough surfaces
Abrasives
Chemicals
Etc.

And don't forget... prolonged contact with water

Different types of skin conditions can occur as a result of occupational activities.

Work related skin diseases, such as dermatitis, eczema, allergic reactions, etc. are caused by contaminants and substances (e.g. oils, paints, cement, solvents, acids, ...). Also, irritation, redness or dryness are very common and can even be caused by seemingly innocent work situations such as prolonged exposure to water.

And last but not least, skin problems caused by climatic conditions (heat, cold, wind), such as sunburns, (micro)cracks or peeling occur regularly.

It's your **skin** take **care** of it !



European Safety Federation ivzw
www.eu-esf.org | www.eu-esf-skincare.org

Official campaign partner healthy workplaces EU OSHA



An effective skin care program consists of “3” steps.

Applying correctly the skin care products for a better result.

Always apply a **small dose** of pre- or after-work product starting on the **back of your hand**, this way you will avoid having ‘greasy’ hands.

Make sure to **reach all parts** of your hands and not only the flat areas of your hands, so also between the fingers, around the finger nails and include also your wrists.

Apply **similar** principles for **other skin areas**.



Before starting work activities:

Step



taking into account the expected exposure to contaminants and substances during work, apply the appropriately chosen pre-work product to create a protective layer.

Repeat the application as often as necessary, according to the recommendations of the manufacturer of the product.

Step



Cleansing:

clean the skin every time the work is interrupted. Use the mildest possible product. Avoid solvents (e.g. white spirit or acetone) as those will damage your skin.

Also avoid harsh scrubbing products. This step is not only necessary for good hygiene, but also to eliminate possible damage to the skin elements. The correct chosen pre-work product will help to avoid having to use aggressive cleansing products.

Step



Regeneration

of the skin using after-work products. These products will help to restore your skin to its normal condition giving it the necessary moisture and nutrition.

Use these products at the end of your shift.



Skin care products include “3” groups of products



Pre-work product:

(also known as skin care prevention products or barrier cream): product applied before the start of the work as a protective layer. Different types of products exist to ensure the right protection for the risks encountered on the job.

Pre-work products can under no circumstances replace the use of protective gloves or other protective equipment.



Skin cleansing product:

product used to clean the skin at the end of the shift. With regard to the need, the mildest possible product should be chosen.



After-work product:

product to help to restore the skin to the normal healthy state. The product needs to be chosen for the type of skin and (potential) damage.

Make sure to have the **correct products available** at the place where they are needed (e.g. pre-work products close to the workplace, cleansing and after-work products in the washrooms and changing clothing areas).

Your **professional supplier** will gladly **advise you** on the available products and those that are **best suited for your risks and work environment**. He will also help you to develop a skin care program and provide the necessary **training material**.

Specialized manufacturers develop professional **products** that are **adapted** to different occupational situations and are at the same time as effective as possible while being mild.

These professional products are preferably not greasy nor sticky.