

# Avoid work related skin disease IT'S IN YOUR HANDS<sup>®</sup>

The 2 main work related skin diseases are dermatitis and skin cancer. **Both** can be avoided in most cases by following these **4 STEPS**:

**STEP 1**

## SAFE WORKING DISTANCE (SWD)

**Keep** a safe working distance from any chemicals or immersion in water wherever possible

## AVOID SKIN CONTACT

**Minimise** skin contact with hazardous substances or wet working where possible

**STEP 2**

**Don't** use your hands instead of any tools provided

## PROTECT THE SKIN

**USE** PPE provided to protect your skin  
**Use** all skin care products provided (including pre and after work cream where relevant)

## CHECK YOUR SKIN

**Check** your skin regularly and consult your doctor with any symptoms or changes which concern you

**STEP 4**



- Dermatitis Symptoms include:**
- Redness/swelling of hands/fingers
  - Cracking of skin on hands/fingers
  - Blisters on hands/fingers
  - Flaking/scaling of skin
  - Itching of hands/fingers with cracks

**Skin Cancer:**  
Seek medical advice if you find any unusual moles/spots or other changes to the skin

**STEP 3**

FOR MORE INFORMATION

Your Health & Safety Representative Is:



Campaign initiated and managed by:



Campaign supported by:



2013 update produced by Deb in association with original campaign initiators and supporters.

