

Health and Welfare Wellbeing

Hand care Guidance

While the increase use of hand gels, hand washing and drying helps keep the Coronavirus at bay, one downside is the potential to remove natural oils from the skin, which can lead to dermatitis or the risk of infection.

It may be that you already have a specific condition regarding your skin and apply hand creams in according to medical advice. Increased washing may impact on this. You may need to seek additional advice from your GP/ Dermatologist/ Pharmacist and/or ask for specific guidance from our Occupational Health Provider. For the latter please discuss with your manager and/ or Health and Safety Officer. It is important that we do not allow any condition to become chronic. Suitable glove selection as part of a PPE assessment is essential.

The HSE, Healthy Working Lives (part of NHS Scotland) provide additional information and case studies to illustrate how it may develop but more important, how it can be prevented.

Example of Dermatitis from excessive Hand Washing



[Hand Care Precautions](#) can be varied depending on the cause but Healthy Working Lives Page provides basic information. Additional information is detailed below.

[Health and Safety Executive Hand Care](#)

<https://www.hse.gov.uk/skin/posters/skindermatitis.pdf>