

Preventing Skin Conditions Related to the Use of Personal Protective Equipment (PPE) and Frequent Skin Cleansing

What you can do at home	What you can do at work
<ul style="list-style-type: none"> • Prevention is key - remember to regularly moisturize. Ingredients to look for in a moisturizer include dimethicone, silicone, ceramides or ointments with petrolatum. • Pay special attention to moisturizing facial regions with greater surface contact when wearing masks including on the nose, cheeks, and behind the ears. • Perform cleansing with mild soap and water, then pat skin dry, leaving slightly damp. Follow with moisturizer. • Do not apply make-up over affected areas. • If tolerable, applying thick hand cream before going to bed and wearing cotton gloves will help with rehydration of your hands while you sleep. 	<ul style="list-style-type: none"> • Moisturize as frequently as possible with facility approved lotion. • After removing masks, clean hands. Wash your face and neck with soap and water, pat dry, then apply moisturizer/barrier cream. Allow the moisturizer/barrier cream to dry prior to applying PPE. Not allowing proper dry time may interfere with PPE effectiveness. • After cleansing hands, moisturize and allow them to fully dry prior to applying gloves.

Brought to you by a collaboration between the Wellness and Safety Team, QEH Employee Health, and the QEH wound care team.

Resources:

http://nswoc.ca/wp-content/uploads/2020/04/PPE-Skin-Damage-Prevention_compressed-2.pdf

<https://www.fnha.ca/Documents/FNHA-PPE-Prevention-and-Treatment-Recommendations-for-Skin-Injury.pdf>