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# safety share

8<sup>TH</sup> MARCH 2021

## WE ONLY HAVE ONE SKIN!

AS WE WASH MORE OFTEN, USE ALCOHOL GEL AND WEAR PROTECTIVE MASKS MORE FREQUENTLY, WE CAN CAUSE DAMAGE.



USING SOME OF THE SIMPLE GUIDELINES WILL HELP MAINTAIN HEALTHY SKIN FOR THE FUTURE!



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# Safety Share

## CONVERSATION ONE

### Looking after your skin when needing to wear a mask :

- Cleanse and moisturise your face daily, use mild cleansers and wear a suitable moisturiser for your skin type – wearing a mask can cause the skin to become very dry.
- Masks can make your lips very dry. Protect your lips by applying petroleum jelly or lip balm – apply after washing your face, before putting on your mask and before going to bed.
- Skip wearing make up beneath the mask, this is more likely to cause flare ups. If necessary wear make up marked oil free or non comedogenic.
- Avoid trying new skin care products – wearing the mask can make your skin more sensitive.
- On breaks if safe to do so, remove the mask for 15 minutes – this has been shown to help maintain skin for those working on the frontline.
- If using a cloth mask at home – wash after each use, this keeps it hygienic and less likely to cause irritation.
- Always make sure the mask fits well – an uncomfortable or loose fitting mask will irritate and cause you to touch it more frequently, spreading any infection.

## CONVERSATION TWO

### Looking after your skin when needing to wear gloves:

- Wash hands regularly through the day, using soap and water following hand washing guidelines.
- Dry hands thoroughly – wet hands allow microbes to live, but also in cold weather wet hands can cause chapping to the skin.
- If not able to wash hands after being in a public space, then use sanitiser gel. If you do not have any gel – avoid touching your face until able to wash them.
- Look after the condition of your skin – frequent washing and alcohol gel can be very drying. So following washing, use a moisturiser to help protect the skin.

## CONVERSATION THREE

### Think frequent hand washing/ wear a mask /keep space – best way to stop infection spreading :

- Wear a mask to cover BOTH nose and mouth – help stop the spread.
- DON'T forget distance EVEN when on breaks – keep yourself and others safe and give some distance.

IF you need some help of advice regarding any of the above please discuss with your manager or the HSE team.

WE LOOK OUT FOR EACH OTHER