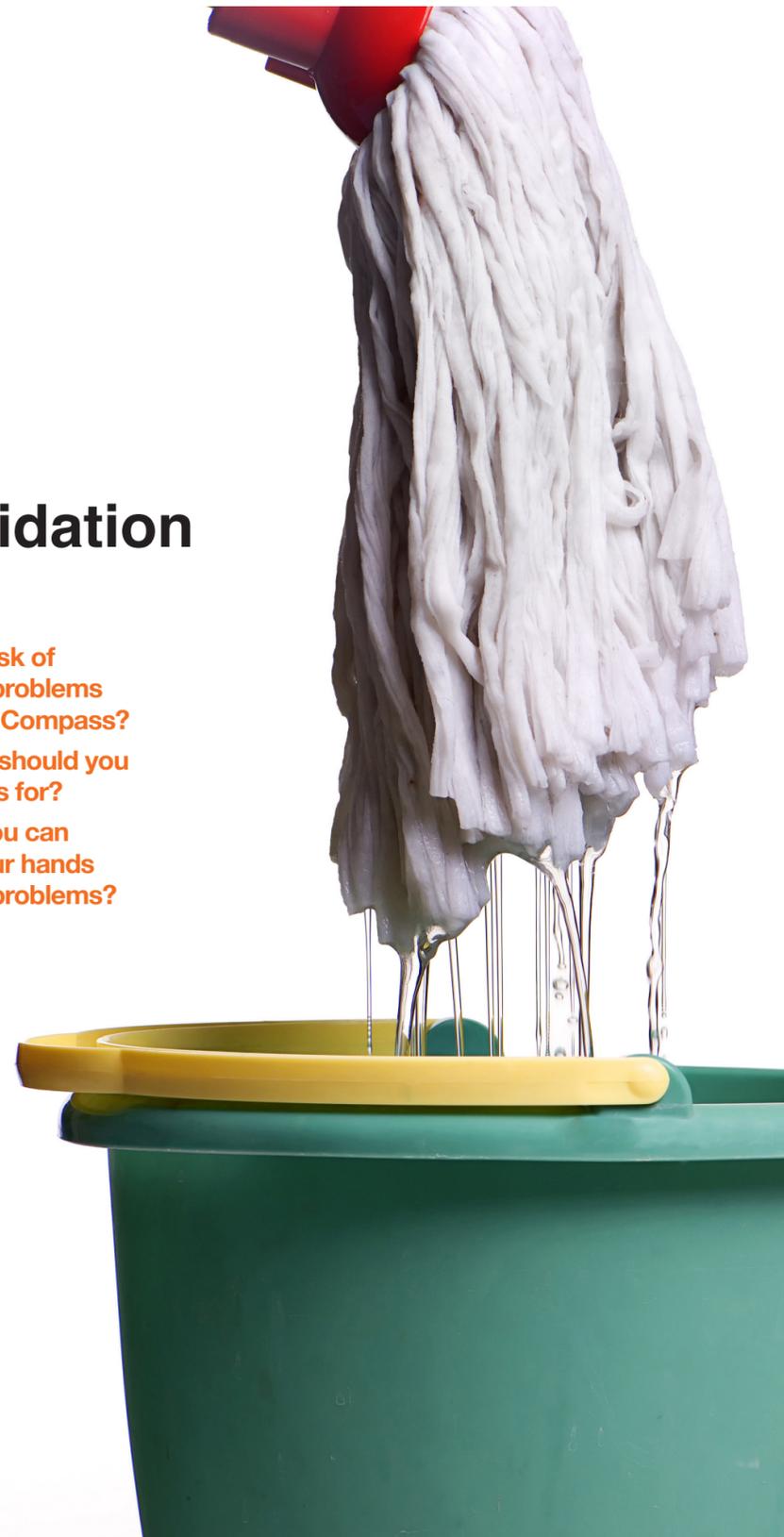


## Your Validation

### Questions

- Who is most at risk of developing skin problems on their hands in Compass?
- What symptoms should you check your hands for?
- Name 5 things you can do to prevent your hands developing skin problems?



## Putting what you've learnt into practice

### REMEMBER

- SKIN DAMAGE TO HANDS IS PREVENTABLE
- RESPONSIBILITY IS IN YOUR HANDS

## For further support

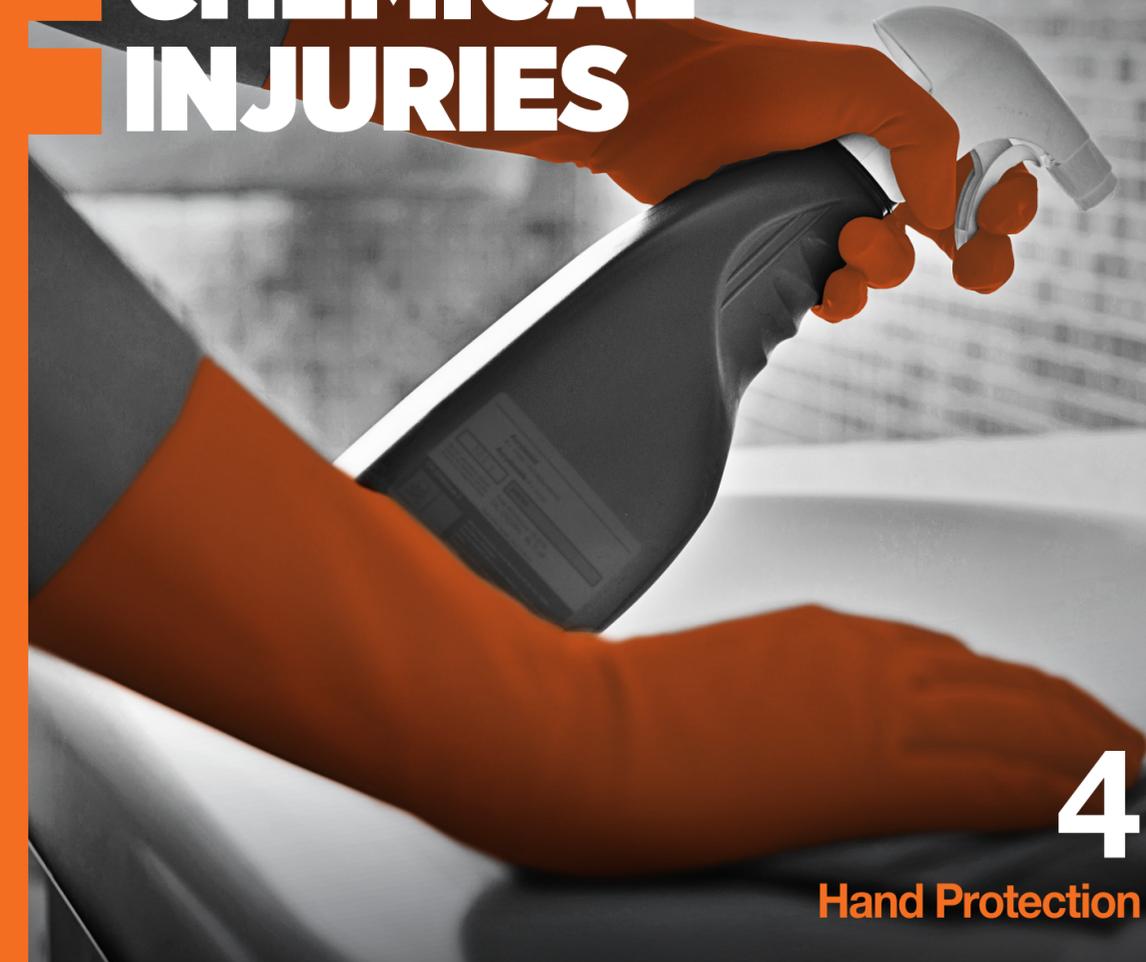
To support this training, please refer to the following;

- Safety First posters and information displayed in your unit
- See also: [www.mycompasshse.co.uk/932.htm](http://www.mycompasshse.co.uk/932.htm) Occupational Dermatitis Policy and view the COSHH Product Risk Assessments/Material Safety Data Sheets

Compass HSE website  
[www.mycompasshse.co.uk](http://www.mycompasshse.co.uk)  
[www.mycompasshse.ie](http://www.mycompasshse.ie)

HSE Helpdesk    HSE Out of Hours    HSE Fax  
0121 457 5194    0121 457 5370    0121 457 5383

# PREVENTING CHEMICAL INJURIES



4  
Hand Protection

**SAFETY  
FIRST**  
in everything we do

 COMPASS  
GROUP

**SAFETY  
FIRST**  
in everything we do

 COMPASS  
GROUP

# What you're going to learn

In this Safety Conversation you will learn about how using chemicals can damage your hands and what you can do to prevent this. Taking part in this Safety Conversation demonstrates good safety behaviours; you will be able to:



**FOLLOW RULES**  
and use the right procedures to stay safe



**BE MINDFUL**  
of the risks when handling chemicals and doing wet work



**SPEAK OUT**  
to check understanding and to report any signs of skin problems to your hands



**GET INVOLVED**  
and talk about safety issues

Following this Safety Conversation, you will:

- Be aware of the signs of harm to your hands
- Be clear about the things you can do to protect your hands from harm

# What you need to know

Did you know that in the catering industry those most at risk of damaging the skin on their hands and arms are chefs, kitchen porters, catering assistants, waiting and bar employees and cleaners?

**Q. Why are these people most at risk?**

Their hands are frequently exposed to cleaning chemical products and water from hand washing and food preparation.



**Q. If we don't take precautions to protect our hands what type of harm could this lead to?**

Symptoms to the skin on hands and forearms can include:

- Dryness
- Redness
- Itching
- Scaling
- Blistering
- Cracking
- Bleeding

**These are all signs of OCCUPATIONAL DERMATITIS.**

Occupational dermatitis can be extremely painful and in serious cases sufferers need to change jobs to avoid coming into contact with the substances that cause the symptoms.

The most common causes of skin damage occur when people's hands are exposed to cleaning chemicals and when their hands become wet for long or frequently repeated periods of time.

**Q. Ask the group to give examples of when this happens and what can be done to reduce exposure to chemicals and water?**

- Decanting and diluting cleaning chemical products
- Placing hands into cleaning product solutions
- Hand cleaning of walls, equipment, worktops, tables etc
- Hand dish washing in hot water with detergents
- Washing and preparing salads, fruits and vegetables
- Washing hands frequently between food preparation tasks

**Reducing chemical and water exposure to hands and arms**

- Before using any chemical product read the label and check the COSHH Product Assessment and ensure you wear the correct PPE, i.e. gloves
- Ensure you wear the correct type of gloves or gauntlets for the task and chemical product being used
- Be aware that some chemicals can penetrate through normal Marigold type rubber gloves. (Show the group the types of gloves available and pass them round so that everyone can see and feel them)

- Ensure that gloves are the correct size and fit well on the hands
- Wear gloves when placing hands into hot soapy water when washing and cleaning items
- Wear gloves for tasks that require frequent immersion into water
- Check the condition of gloves before wearing them and report any defects to your manager or supervisor and ask for a replacement pair
- Never wear gloves that are damaged
- Follow the chemical manufacturer's user instructions
- When diluting a chemical ensure you dilute it to the required strength by using the correct measuring or dosing equipment
- Use the correct method of applying chemicals to items being cleaned, e.g. hand-held spray bottles, brushes, mops - avoid using your hands
- Do not wear gloves for any longer that it takes to complete the task. Wearing gloves for prolonged periods may cause skin problems. Wash and dry your hands after removing your gloves and give your hands the chance of some fresh air

