

WHAT'S NEW IN SKIN?



EnviroDerm Services Newsletter

October 2020

Water, gloves, the skin and risk assessment

Water, in the form of wet work and extensive wearing of occlusive (waterproof) gloves, is statistically the most common cause of occupational contact dermatitis. However, water is not officially hazardous and has thus not been assigned a Hazard statement (although perhaps EUH066 would be appropriate!).

However, our skin is frequently in contact with water, if only when we wash our hands or other areas of skin to remove other hazards. Furthermore, the outermost layers of our skin require a certain water content in order to remain flexible and function correctly as a barrier. So water can be both beneficial and hazardous. What we have is a question of balance. How much water is good and when does it become excessive?

Of course, there are no formal exposure limits for skin and the WELs (Workplace Exposure Limits) in EH40 are only relevant for inhalation exposure. And so far as we can trace, there is no 'official' guidance on what constitutes excessive exposure of the skin to water.

In the first sentence we mentioned the wearing of occlusive gloves as a potential cause of skin damage. This is due to the fact that an occlusive glove prevents the evaporation of TEWL (trans-epidermal water loss) and possibly additional water in the form of sweat. This is then reabsorbed into the skin and initiates skin reactions that can develop into what has been termed 'hydration dermatitis' by Kligman, a highly respected dermatologist.

Virtual Training Courses

Our training courses have gone virtual with great feedback from those joining the courses. This allows us to be more flexible on both timings and numbers for courses. Up-coming courses include 'Skin Health Surveillance and Management' and 'Selection and Use of Gloves'. Future courses will include 'Skin in the Working Environment', 'Skin and Infection Prevention', 'Dermal Risk Assessment' and 'Dermal Risk Management'.

Following feedback from virtual courses already run we have created time in the program for networking with other delegates. There is the option for breakout sessions with smaller groups. The course materials include notes, flash drive (with support materials), and pen. For the skin health surveillance course skin condition measurement equipment is also shipped and collected after the course. For the selection and use of gloves course it includes a copy of 'The Glove Book' (A comprehensive guide to the selection and use of gloves for chemical protection)

These courses are small group courses providing the opportunity to update and expand your knowledge in this complex area whilst avoiding the cost and time of travelling

"I found it (virtual course) better as there was less distraction than I have experienced with a group in a room plus no long distance travelling.....I found it very informative, pitched at just the right level"

- Gary Evans

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Skin Health Surveillance and Management course

The importance of ensuring that the workforce have skin in the best of condition has never been more important. Skin that is damaged or diseased leaves us at greater risk of developing skin problems and, more significantly at the moment, with weaker defences from chemical and microorganism exposure.

This popular course covers:

- Incidence and legal aspects
- Skin anatomy, physiology and occupational skin disease
- Monitoring effects of skin exposure and how to use the information
- Overview of occupational skin management
- Questionnaires
- Visual assessment
- Skin condition measurement
- The role of education and training
- Investigating and managing problems - including PPE and skin care
- Developing and maintaining effective systems

This course costs £225 ex VAT.

2020 Dates for this virtual course

- * Friday 23rd October
- * Wednesday 9th December
- * Tuesday 10th November

Chemicals, Gloves and the Skin course

It is vital to understand the way in which gloves work, are tested and their limitations if we are to use gloves effectively and safely in the workplace to protect both the worker and products/patients. This interactive virtual workshop will provide the tools to develop, implement and manage an effective glove use system.

This new course covers:

- Skin, how it works and how it is affected by the working environment.
- Current regulations
- Explanation of current glove standards
- How gloves work and fail
- Assessing manufacturers data.
- The elements of a glove selection and use system.
- The importance of glove training and how to get it right
- Practical sessions working through examples.

The course notes accompanying this course are the new book 'The Glove Book' by Helen Taylor & Chris Packham

This course costs £240 ex VAT.

2020 Dates for this virtual course

- * Thursday 12th November
- * Friday 4th December



Contact Us

Give us a call for more information about our services and products

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Skin Care in an Occupational Setting

Getting it right with skin care in the workplace cannot be overemphasised and is an essential part of any effective skin management system. There are some rules for good skin care.

Remove soiling frequently

The longer dirt is left on the skin the more difficult it will be to remove and the more damage it can do.

Use only the approved cleanser

This is the mildest that will adequately remove the dirt from the skin. It is better to have a mechanical scrubbing medium (rounded so as not to cause damage) than to have a stronger chemical in the cleanser.

Wash in running water at the correct temperature and rinse thoroughly

Unless you wash and rinse in running water, you are washing and rinsing in dilute dirt. Water that is too hot can cause damage to the lamellar lipids that form the barrier of the skin. The correct temperature is between 32 and 35 °C. Rinsing thoroughly is essential both for effective cleaning and minimising the damage that washing can do. A simple guide is to follow the same procedure and time for rinsing the skin as applying the soap.

Dry the skin properly

If the skin is not dried properly the wetness can cause damage to the skin. The best methods for drying the skin are linen towels or good quality paper towels that are used to pat the skin dry.

Use an emollient every time the skin is washed

When we wash the skin the hydrolipidic film on the surface of the skin, important in maintaining moisture balance, is removed. It can take between 1 and 2 hours for the skin to completely replace this. Using an emollient after washing the skin provides the skin with an artificial form until it can be replaced naturally. The best form of emollient is one that is more of a lotion as this will be more readily absorbed into the skin.

It is best not to use this when immediately putting hands into occlusive gloves as it will add additional water to what will quickly become a very wet environment for the skin and compound the damage that can be caused.

Other considerations for skin care in the workplace

Ensuring that an effective dispensing system is in use, bag in box is best, can be invaluable in encouraging correct use, protecting the product, preventing cross-contamination and controlling costs.

Minimising the damage that cleansing can do can be achieved by replacing some hand washing with sanitising the skin with an alcohol rub (the alcohol rub needs to be properly formulated).

The use of hand sanitiser can significantly increase the effectiveness of our skin care system.

Workers will almost certainly need training on how to achieve effective skin care.

Skin care is just one part of an effective system for prevention of damage to health from skin exposure.

FOR MORE INFORMATION ON THIS, PLEASE GET IN TOUCH.



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Hand Hygiene for Covid-19

This 1-hour technical support webinar goes through the key aspects of hand hygiene in a Covid-19 world. Suitable for anyone with an interest in ensuring that we get it right for maximising the impact on Covid-19 spread that effective hand hygiene can achieve whilst minimising the damage that can be caused to the skin.

It costs just £25 excl. VAT

For dates and times, please visit our website

EnviroDerm: Your Virtual Source for Skin in the Workplace

We are launching a new virtual support service. The virtual support service is aimed at those companies that wish to be able to tap into our knowledge and expertise whenever they need to. Designed for those instances where an investigation of skin problems or dermal exposure management assessment is not needed, but what is needed is more than a 5-10 minute conversation.

Through the support service we are able to:

- Dedicate the time to discuss questions and concerns you may have relating to skin exposure in the workplace thoroughly
- Give opinions and advice on
 - systems for managing skin exposure
 - documentation, e.g. skin surveillance forms
 - Recommendations for PPE and skin care
- Access to a range of support documents and technical information
- Free access to our 1-hour technical support webinars

Assistance can be via telephone, email or video meeting

The support service can be accessed on an annual or monthly basis.

Annual £600.00 excl. VAT

Monthly £75.00 excl. VAT

To sign up or for more information, please contact us or email helen@enviroderm.co.uk

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Any questions arising from this newsletter please do not hesitate to contact us. info@enviroderm.co.uk



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Course Booking Form 2020



Date	Venue	Price	Places	Total
Occupational Skin Health Surveillance and Management course (SHSM)				
Friday 23 rd October	Zoom	£225		
Tuesday 10 th November	Zoom	£225		
Wednesday 9 th December	Zoom	£225		
Chemicals, Gloves and the Skin course (CGS)				
Wednesday 14 th October	Zoom	£240		
Thursday 12 th November	Zoom	£240		
Friday 4 th December	Zoom	£240		
			Subtotal	
Your order number:			VAT	
			Total	

PAYMENT: We can accept VISA or Mastercard.
 For payment by Credit or Debit Card please follow the link in the invoice.
 Payment in full is required to secure your place on the course.

Company name	
Contact name	Invoice F.A.O.
Address	Address
Email	Email
Phone	Phone
Fax	Fax

Attendees

Course	Participant	Position	Address for course materials
How did you hear about this course?			