

# Caring for your skin-avoiding irritant dermatitis

- **Soap and water should be used to wash hands if:**
  - Hands are visibly soiled or dirty*
  - After dealing with body fluids*
  - Caring for patients with vomiting or diarrhoeal illnesses*
  - Caring for patients with specific infections as advised by Infection Prevention*
- **In all other circumstances use Alcohol Hand rub for routine hand hygiene**
- **When washing with soap and water:**
  - Wet hands before applying soap*
  - Use water at a comfortable temperature*
  - Rinse soap off skin thoroughly*
  - Dry hands thoroughly using disposable towels*
  - Use emollient hand cream (and use liberally before breaks and after shift)*
- **When using gloves:**
  - Take gloves off immediately when not needed*
  - Change gloves if wearing for prolonged periods*
- **Outside of work:**
  - Take care of hands outside of work as well as at work*
  - Wear gloves/mittens in cold weather*
- **BE VIGILANT:**
  - increase hand care if your hands are becoming dry or red*
  - Contact Occupational Health for advice*

