

How to Protect Your Skin

A Self-Assessment Checklist

This self-assessment checklist will teach you how your work and home activities may affect your skin and what steps to take to keep your skin healthy.

You can redo the checklist over time to monitor the condition of your skin.

The following questions identify aspects of your job and home activities, that may increase the risk of skin damage. If you answer yes to any of the following questions you may be at increased risk of dermatitis (inflammation of the skin).

How does my job as a care provider affect my skin?

Do I clean my hands many times (e.g., more than 20 times) during a work shift? Yes No

Do I wear gloves for a significant part of the day (adding up to 2 hours or more)? Yes No

Are my hands exposed to chemicals? (e.g., cleaning and disinfecting products, rubber chemicals in gloves) Yes No

Am I wearing the right glove for the task? (e.g., when exposed to chemicals nitrile gloves are recommended). Yes No

- If unsure, see [Recommendations for the Prevention, Detection and Management of Occupational Contact Dermatitis-Table 21](#).

How do my home activities affect my skin?

Do I have a child/children under the age of four? Yes No

- If yes, activities associated with increased risk of dermatitis include bathing, diaper changing and laundry.

Do I do any of the following activities a lot: gardening, household chores, handling wet items, or have my hands in water? Yes No

Do any of my household chores or hobbies expose me to certain chemicals? Yes No

- If you answered yes, nitrile gloves are recommended for skin protection against cleaning agents.

Carefully read the skin descriptions below then look closely at your own skin.

Choose which sentence best describes your skin, then follow the suggestions provided.

Normal skin



My skin is smooth and clear and soft without any breaks in it.

- You have healthy skin. Keep up the good work and keep moisturizing!

Mild dermatitis



My skin is dry, red (chapped) and/or flaky but has no cracks or small blisters.

- You may have mild dermatitis. It is important to moisturize at least 3 times daily.
- Speak with your pharmacist for recommended over the counter creams/lotions.

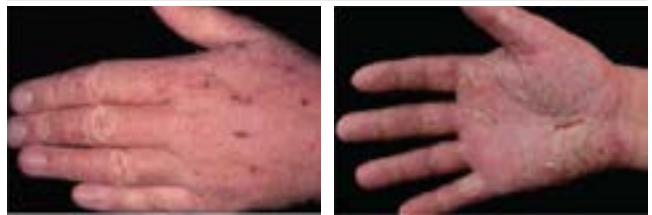
Moderate dermatitis



My skin is dry, red, flaky, and also has cracks and/or small blisters.

- You may have moderate dermatitis.
- You should report to occupational health or delegate and contact your health care provider as you may need modified duties and/or cotton glove liners.
- You may need to see a specialist for special skin testing (patch or skin prick testing) or prescription creams.

Severe dermatitis



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My skin is severely dry, with erythema, cracking, fissures and weeping blisters.

- You should report to occupational health or delegate and contact your health care provider
- You should have modified duties, and you should be seeing specialist for care.
- It is recommended that you see a specialist for special skin testing (patch or skin prick testing) or prescription creams.

Other considerations

I have a skin condition unrelated to work. I have eczema, psoriasis, hives or another skin condition.

- If it seems to get worse when I am working I should tell my health care provider and report to occupational health.

Image source: Gooderham M, Bourcier M, de Gannes G, Dhadwal G, Fahim S, Gulliver W, et al. Management of chronic hand dermatitis: a practical guideline for the general practitioner. Skin Ther Lett, Fam Pract. 2016;11(1):3139.

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