## How to find us

We are based in Gloucester and offer pre-booked clinics at Rikenel, Montpellier, Gloucester, GL1 1LY, please call us for more information, or to arrange an appointment.

## Opening hours

8.30am - 4.30pm
Monday to Friday

To ensure you get through to one of our coordinators please try to avoid our peak times and call us between 10:00am and 4:00pm. Outside of our opening hours we provide an automated information service.


## Contact details

**(t) 0300 421 4455**
**(e) ghc.workingwell@nhs.net**
**(w) www.workingwellglos.nhs.uk**

**Good skin care should be practiced at home as well as at work.**

SEQOHS


WWforSkinCare004
June 2020


NHS
Gloucestershire Health and Care
NHS Foundation Trust
Working Well
Your Occupational Health Service

**Skin irritation and damage as a result of repeated hand decontamination can be unpleasant for the affected healthcare worker. It may pose an increased risk of cross infection to the patient.**

### Be Kind to your Hands

- If skin irritation develops in association with hand decontamination inform your line manager and seek professional occupational health advice from us.
- Adhere to recommended hand decontamination techniques.
- Always wet your hands before applying soaps.
- Ensure that hands are thoroughly dried after washing with soap and water, including instances where gloves are worn.
- Alcohol based hand rubs contain emollients and are associated with less skin damage than washing with soap and water
- Soap and water must be used if hands are visibly soiled or may have come into contact with blood or body fluids.
- Alcohol hand rubs can be used repeatedly on visibly clean hands. Wash with soap and water when there is a cumulative residue from the hand rub.
- Ensure that alcohol gel has dried thoroughly before putting on gloves.
- Emollient hand creams should be applied as frequently as possible to the hands to protect them from the drying effects of regular hand decontamination. Ideally this should be after every hand wash but this is not always possible in a clinical setting.
- Do not use communal jars of hand cream as the contents may become contaminated and act as a source of cross infection. Pump action dispensers should be used.
- Good skin care should be practiced at home as well as at work.
- Dry hands well in cold weather and consider wearing gloves when outside.

### Hand Hygiene

- Nails must be kept short, clean and free from nail polish.
- False nails must not be worn.
- Wrist watches, bracelets and rings (except a plain wedding ring) must be removed at the beginning of each clinical shift.
- Cuts and abrasions must be covered with a waterproof dressing.
- Restrict clothing to short sleeves, or long sleeves which may be rolled up, as long sleeves deter thorough hand decontamination.

### Use of Gloves

- Excessive use of gloves causes the hands to sweat. This increases the likelihood of developing dermatitis.
- Refer to your Glove Use procedure to determine which glove to use and when.
- If you are unsure about when to use gloves, discuss with your manager. Alternatively, you can discuss with your Occupational Health Practitioner, Senior Nurse or Infection Control link-nurse.

Further information may be available on your organisation's intranet or internet pages. If this is unavailable please speak with your manager or contact us for further advice.